

Teachings 2010 to 2000 Eckhart-Tolle-Teaching Compilation Part 7 of 8

[Speaker 1] (2:07 - 1:46:25)

Welcome to our evening together. I understand that the past few minutes presented to some of you a wonderful opportunity to surrender to what is. Life does that, always.

And if you didn't surrender to what is, you can now surrender to that. And if you're still not surrendered at this moment, if there's a little voice inside you complaining, a voice that may be familiar to you, what do you do with that? Recognize that there is a voice inside you complaining, a familiar voice, and accept that.

And there may be an emotional field behind the voice. Perhaps the voice may be empowered, fueled by an emotion of agitation, upset, anger. And the complaining voice in the head may be supplying new fuel to the emotion.

And for many people, that's all there is. That's me, they say. That's their sense of self, their identity.

And so they're trapped in a very limited self. So it's for you, the opportunity is there every moment to observe your inner state. And, yes, accept your inner state.

What else can you do? It is already the case. The emotion is already there.

The voice is there to complain, complain, complain. In some people that voice is stronger than in others. But everybody has some of it.

For some people it's their entire identity. Remove the complainer and there isn't much left. Who am I?

So we are here to find, to access, to realize that there is more to you than the patterns. Mental, emotional, reactive patterns that perhaps for a long time have succeeded in pretending to be who you are. In other words, complete identification with those patterns.

And now have a look again inside yourself. The voice may still be there. Or it may have subsided.

And the emotion that goes with it may still be there as an energy field inside you. Cannot be denied what you do with it. It is as it is.

This moment always is as it is. And so you surrender to the way it is. And with that comes what one could call a very different state of consciousness into this world.

And this is why we are here. To access that within ourselves. To deepen it, because in

many of you that deeper state of consciousness that is not conditioned is already emerging.

It is, yes, it is a transformation of consciousness. When that emerges in a human being, it is an incredible transformation of consciousness. When you are identified with the patterns, sooner or later you will encounter conflict.

You will make yourself suffer. And everybody who makes themselves suffer, they make other people suffer too. And then comes violence.

Physical is the last level of violence. Before it comes to physical violence, come other levels of violence, emotional, mental. Violence that you do to yourself and to others.

Am I saying you shouldn't be doing it? That doesn't work. The patterns have their momentum.

You cannot fight them head on. You can only transcend them by, so to speak, taking a step back and allow whatever is to be. Externally or internally.

With that simple act. And it is so simple. That simple act of inner alignment with now.

That simple act of saying this is what is. This is how it is. And very often it is not the way it should be.

Life is very challenging. The world of form in which you move is very challenging. It never leaves you alone.

One challenge after another. So one way of putting it is we are here to find the dimension of inner peace. Not the peace that goes towards sleep.

Not the peace that comes when you drift off into sleep or have had a few drinks. Or the peace that comes when the doctor has given you an injection before an operation. In that case it would be better to stay in suffering and at least be relatively conscious in conventional terms.

Unconscious in spiritual terms. But a peace that is highly conscious. A peace that is alert, present, aware.

A peace that is inseparable from the unconditioned intelligence that dwells in you. That is far greater than even the most learned professor. Far greater than anything the human mind could accumulate or know.

And when you look at the world situation you see how urgent the transformation of human consciousness has become. If we are not to be drawn into a continuing cycle of self-destruction. And so this is why we are here.

A few words on how to be here this evening so that you derive the full benefit from being here. If your main interest as you sit here is on the speaker then it won't be long before you find yourself restless and bored. If you are not restless and bored already.

If your main interest or the focus of your attention is on the words that are being spoken. Also for a little while that can keep you going. And then after a while the mind says, OK, what's he really saying?

Is he saying anything at all? And you will soon notice that on an intellectual or conceptual level our gathering is not very satisfying. Of course if you wanted that you could have gone to UCLA where they have many satisfying lectures.

Intellectually satisfying. Even on an emotional level it's not all that satisfying to be here. The kind of thing you get with some preachers.

Building up a wave of emotion. So it could appear that there isn't much happening here. Not much being said.

And that's because your attention is either on the speaker maybe somebody dragged you here and said, check this guy out. And you come here and then you check this guy out. And you find not much there.

And you could be sitting here all this time forgetting the most important person in the room. And of course that's yourself. So if you could be here aware not only of your sense perceptions visual, the words, auditory sense perceptions yes, you hear the words you see the person on the chair but if you could also be aware of yourself as a presence a perceiving presence it helps to feel the aliveness in your inner energy field as you sit here.

To feel somehow to sense that every cell within your body is alive to feel the aliveness in your hands, your legs your entire body to have some of your attention there. With the rest of your attention you listen and you see. And that suddenly you might feel it feels good to be alive.

And the need for stimulus, intellectual emotional, sense perception experiential, the need for stimulus in order to make you feel alive then begins to disappear because you have a deep sense of aliveness already. When you are not in touch with a deep sense of aliveness then you need a next stimulus and nothing can keep you your sense of aliveness for very long you need continuous food for thought food for experiencing food for more of this, more of that to feel that I am still alive. Drama, you even need drama.

So as we sit here be in touch with the inner energy field of your body. Even if you can only feel it slightly it's fine. And even if you can only feel it in your hands, it's enough.

But usually if you can feel that a certain aliveness in your hands you can also feel it after

a while in other parts of the body. So I call that the inner body which can become an anchor for staying present in the now. The only place, the only time there ever is here, now.

So instead of running away from now or complaining about now you move into now. You take your attention into the field of now. And then you may notice it's actually good to just be sitting there listening not even needing to look forward to the next sentence.

And you may notice the stream of thinking slows down. But you don't lose consciousness. You're highly alert.

That is the unconditioned intelligence within you that otherwise is completely obscured by the conditioned mind, by the voice in the head and the emotions that accompany the voice in the head that to most people is who they are. And the voice often complains and is not happy with what is. That's a normal state.

It looks to the next thing. It wants to get this out of the way. If it doesn't condemn it completely at least it wants to be done with it.

Be done with it. Where's the next thing? Come on.

Let's get on with it. One mind is saying. Get on with what?

Well, is it possible to live in such a way that your attention instead of being absorbed continuously by the stream of thinking that your attention is there meeting the now. Whatever form the now may take that changes continuously. You arrive with your ticket no chair to sit on.

A little challenge. The habitual reaction. You know what that's like.

Is it possible to meet that moment in a state of just attention. Here I am. We don't have enough chairs.

But I have a ticket. Can you get more chairs? Yes, we are trying to find some.

OK, I'll stand here and wait. And to realize that that moment isn't really bad unless the mind judges it. You're standing somewhere instead of sitting somewhere for a few minutes.

But the strange thing is one sense of identity one sense of self gets strengthened. The self that is derived the sense of self that is derived from mind it gets strengthened if you react and complain. Because then whenever this is not a personal matter, if you did it don't feel that this is a personal shortcoming of yours.

It's the human mind. Nothing personal in it whatsoever. If you make it personal then it becomes a problem.

You become a problem to yourself. And you say you see, I'm not spiritual yet. It's a relief to see that all those patterns are mechanical they're not personal.

They operate in every human being unless they've already gone completely beyond it. There are more humans who are now going beyond that. So the reactivity and the complaining is used in the service of being right.

If you can be right that implies that someone a person or a situation or a place or the weather is wrong. Whenever you mentally complain about something you put yourself in a position of rightness because obviously you know better. That's why you're complaining.

And I'm not talking about telling somebody to remedy something that is not real complaining that is passing on information. Please, this is not what I ordered. I ordered soup.

I didn't order pudding or whatever. Or you say the soup is cold but it should be hot. This is the I ordered a hot soup.

That's obvious giving information so that somebody can do something about it. But are you using that situation in the service of being right which is a mechanical unconscious pattern that you can observe in yourself? Why is that happening?

And why do so many people live in such a way that as they go through their day they go from one situation like that into another, into another, into another? Because the me, the mind-made sense of self gets stronger every time you go into reactivity and complaining. Because it is a position of imagined superiority towards that which you are complaining about.

And that strengthens the fictitious me, self. You can notice that if you observe yourself you can notice that after you've complained for a moment you feel a little bit expanded in your sense of self. You may also notice that you feel a kind of shell around you that has hardened.

And you may also notice a certain contraction in your energy field. And if you are very alert and in touch with your body you can notice that although you seem to be enjoying yourself doing what you do but you are not really it's suffering, but it's not recognized as suffering. The egoic entity, the mind-made me, likes it because it strengthens itself through that.

Your body doesn't like it at all. And if you can see what it does to your body going into that state, you would be shocked at what it does to the energy flow in the body, what it does to every aspect of the functioning of the body. So the body feels injured by this because it is, yes, it is a form of violence.

The ego is like that and it's not a personal thing at all. It is a wonderful thing to observe these patterns in yourself. There's the tendency then of the egoic entity to say, you see, you are no good.

It makes a problem out of it. How do I go beyond all my patterns? Don't even try.

Just be with whatever pattern arises in you at this moment. Place attention on it. Look at it.

And allow it to be. The most powerful transformer is that. It transforms your consciousness.

Now, this sounds as if you could do it. I'm saying this is something that you can... Can I do that?

Can I allow this moment to be? Yes. If you are sitting here, you can do it.

Not everybody yet can do that. There are still many in this world who are so completely identified with their mind and emotions to say that allowing this moment to be would be meaningless. And you become very effective because an intelligence that is greater than the accumulations of the human mind suddenly emerges.

And here's a situation in the field of now and you place that attention on it that has no reaction in it because it's... You receive what is like this. You say, I allow this moment to be because it already is.

And then there's a flow of attention. And in that attention there's enormous intelligence greater than the conditioned intelligence that is the human mind. And that, if action is required, action then comes out of that intelligence that is already in you, in everyone, simply obscured by the conditioned, by the human mind, by the stream of thinking, the continuous mental noise.

So in everyone that dimension of consciousness that in the ancient teachings sometimes called enlightened is already present within you. And for so many years spiritual seekers thought they had to achieve or attain a state of consciousness that they read about or heard about in the teachings. I need to become enlightened.

I need to become free, liberated. I need to achieve it. And so what they did was the old mind patterns came in and transformed the original teaching into future.

Which is how the mind operates when you're totally identified with it. The next moment is always more important than this one. That's how people live.

The enormous psychological need that is in everyone for the next moment that is so normal that most people don't even notice it. Everybody lives like that. Whatever you see on TV, everybody lives continuous stress towards what's next.

Missing the only thing there ever is which is now. For some conceptual reality that is future. Because future is no more than that.

A thought in your mind. Past is the same. A thought form.

Apart from a thought form, past and future have no reality whatsoever. And is that something that you need to believe or can you verify that for yourself? I would say you can verify that for yourself because if past and future had some reality you would find them somewhere.

Nobody has ever lived in the past. We tell ourselves yes, the ancient Greeks lived in the past but the ancient Greeks didn't live in the past. They lived in the now.

The only place where they can live. And how is it that you can even say or think that the ancient Greeks lived in the past because you're saying it at this moment. It comes out of the field of now.

Comes with God. The ancient Greeks lived in the past. Well, they didn't.

And out of it also comes the thought that you have a future. Something is going to happen to you tomorrow. But of course it can't.

And you are worried about what might happen to you tomorrow when nothing can happen to you tomorrow. Because tomorrow can only come as this moment. Why don't people realize that?

And what an insane way to live. To disregard the only thing, nothing that has any reality whatsoever, which is now. Your life, the one thing that never left you is now.

Cannot leave you. It's always life and now are inseparable. The essence of who you are because you are life.

You are both a form of life, a temporary expression, but you are also on a deeper level, you are life. Taking on a temporary form. We could also say you are the one life, the one consciousness that takes on form as a thought, as an emotion, as the entire universe.

But the essence of who you are is life, unmanifested in your essence, timeless, and life and now are one. Which means, maybe I should have kept this for the end of our talk, otherwise you'll go home. Which means you and now are one.

Because life and now are inseparable. Now the mind says, does that actually mean anything? But when I say you are the now, if you try to think about that, you won't get very far.

But if you allow that statement to be there as, one could say, a pointer, a signpost, something that points beyond itself, that is not a statement that is supposed to explain

something, but to take you to a realization. So if you then say, I am the now, you can't think about that, but you can sense something there. The now, that no matter what happens, never leaves me.

That is one with who I am. And now you come to a strange thing. I said, I am.

Those are very, very mysterious words. I, I am. The most misused word in the language, and the most used word in the language, I.

But usually when people say I, they refer to me and my story. They refer to their fears, their ambitions, their desires, their memories, their reactive patterns. Me.

I. But there is a deeper sense to I that has nothing to do with your story or your reactive patterns, your memories, your stream of thinking. A deeper sense of beingness, presence, I am-ness that always is, was, will be the essence of your feeling of who you are.

And this is a very strange thing. When you look inside yourself, what is it that makes up your sense of who you are? This is the one thing that people think is, feel is so precious.

There is something in me that, the me, I don't want to lose that. It's why there's such fear of death because I don't, they feel like they can't imagine the world without me. A world without me?

Is that possible? So what is the, now when, to most people, me is their story. So when you meet somebody, when they talk about themselves, they say, I, I, I, what do you do, what do you, I, I, I am this, I am that.

But where, when you, they believe that their identity lies in their story, their history, their story, their reactive patterns. And that identity is, feels incomplete to almost everybody. Everybody in fact.

And I, an identity derived from a story feels incomplete. So you need the future to complete me and my story. That's how people live.

That's the desperate need for future. And the future never completes your story. No matter what you add to the story of me to make yourself finally have arrived, your whole life is made, suddenly it all makes sense and they always lose ends, even when you finally make it.

Everything is there and then sooner or later another form crumbles close to you. Because forms do that. No form is very stable in this universe.

So you arrange your life circumstances, try to get it all into place, career, working beautifully, relationships working beautifully. This is the story of mine. Careers, relationships, money, health, body, healthy, strong, everything beautiful place to live.

To come into learning things, knowledgeable, experience all kinds of things. And it's all great, it's all arranged, all the building blocks of my life are now in place. And if as long as nothing moves, that means I finally...

I finally made it, everything is arranged. And in some films that you see, that illusion is perpetuated, that it can all come, that the story of your life can come to a happy conclusion. And you can see that when you read a book of fiction, you get the so-called happy ending.

When you read a book of literature which has a certain depth, then you're never quite sure when you reach the end. It's... It won't be a this is it.

It leaves an openness. And so in reality, as long as your sense of I is derived from the circumstances of your life, the story of me, it is never satisfying for very long. And that's an amazing realization, and it's continuously things go wrong in it, which isn't wrong at all, but they seem to go wrong.

Things suddenly leave you, or things come in that don't fit into the story of me, that shouldn't be there at all. And there are many people who feel that their entire story has gone completely wrong. They're working where they shouldn't be working.

They're in a relationship they shouldn't be in. Their financial situation isn't what it should be. Their car isn't what it should be.

They don't feel they know enough, or are enough, or in other words, it just hasn't worked out at all. And the feeling that they have is, I'm not yet myself. I'm not yet me yet fully.

I have some idea of what I could be, but it's an idea in the head. You might live the delusion that I had for many years, that one day the world is going to recognize you. And you finally get the recognition that you deserve.

Throughout my twenties I lived in that delusion. Ah, is somebody going to finally recognize me? And of course I was continuously unhappy and unrecognized.

And then a strange thing happened. I recognized myself. And then the need to be recognized by the world disappeared.

And after many years of being nobody in the eyes of the world, suddenly the world thinks I'm great. Finally they recognize me. But unfortunately there's no real satisfaction in that anymore.

Because I know that they don't recognize me at all, they recognize themselves. And that's so much better. Ah.

They don't come to see me, what for? It would be absurd. But when they come, something that is there points to their innermost reality, beyond story.

That's why it's there is that love, that this self-recognition, self-realization. Ah. Who you are beyond the story.

Who you are beyond the circumstances of your life, which perhaps until this point provided you with your sense of self. So people confuse what I sometimes call their life situation with their life. And their entire, all their attention is absorbed completely by their life situation.

By the things of this world. And this is when you look around you as you go through your daily life, this is how most people live, with their attention entirely absorbed by things, in a wider sense, in a narrow sense and in a wider sense. Their attention, their conscience absorbed by things in a narrow sense, the conventional sense of the word, people's constant preoccupation with objects, possessions, this and that, identification with it, seeing, compare myself to others who have more or less than me, unconscious processes.

And then, but in a wider sense, things are anything that has form. Thoughts are things. They are not things, not physical things, but they are a form that consciousness temporarily takes, a thought form.

Thought comes, and thoughts are very much like clouds. A thought comes, then it goes. And another thought comes, or streams of thoughts usually.

The only difference between thoughts and clouds is that clouds are never the same. And thoughts, 95, 98 percent of it are very repetitive. And so the sky would look very boring if it were, but it's the same clouds again.

It's the same clouds as yesterday. And the next day again. I'm stuck in Groundhog Day.

And this is how life is for most people, because they are stuck with their conditioned thought processes. They are for years the same, and thought processes incorporating part of that is reactions, reactivity. So you're stuck with that, and so no matter what the situation you go into, you meet the situation with the conditioned processes of your mind.

You judge it, you interpret it, you react to it, out of the conditioning which is the me, the I, the story me. And so you repeat the same things again and again. Even if you go into a new relationship, many of you have experienced going through the same pattern in a relationship.

Same pattern in whatever, you could go to another planet with the conditioning of your mind and recreate the same situation of living amongst aliens on another planet. Nothing would change if that remains in place. If identification with the conditioning, which is just the stream of thinking, the emotions that go with it, the reactive patterns, the judgment patterns, the ways you interpret things, you immediately think, this is what

it is.

And commenting on whatever happens out of the old conditioning, every event, every person you meet, immediately is judged, commented, put a few little labels on. Oh, now I know who he is. Because you've called him something, you've called him this, this, and this, that's who he is.

Next time you meet that person, you don't meet that person at all, you're meeting the stream of mind. The labels that you've put on that person, you say, hello, you're not meeting a human being, you're meeting your own mental labels. And then you react with, you interact with that human being through the interpretations of your mind already.

And so you recreate same experiences. And that's me. That's me and my story.

And so you can add more of the same kind than whatever fits into your story, you will then add to the story. You won't add something that doesn't fit into your story. So many people have a story of poor me.

That's a story that has a strong aspect of poor me to it. Unfairly treated by life. So if this is only one possible stories of different kinds of stories, but basically they're all stories.

If it's poor me and unfairly treated by life, you will select those things that conform to your story already. Things in your experience, you will almost recreate that. And so, yes, and you will interpret things that are maybe totally neutral as having been unfairly treated.

You go to a restaurant, the waiter ignores you completely, it's happening again. Because your mother ignored you the first ten years of your life, and then you have a very strong reaction, and then you can tell a story about, I went to that restaurant, and he looked, I could see him looking at me, but he didn't come over. He wanted to, you've added more to the story.

So it grows. And what's the actual, in most cases, the situation is quite neutral. What you add to it out of your story gives it fuel, karmic fuel.

So as an innocent thing of somebody not acknowledging you to some people who have a different story where that is not an important ingredient is meaningless. To somebody else, probably doesn't reach out your call to someone who has a story that has other issues, but not acknowledgement issues, it's fine, he didn't call me, okay. But to someone else who has a story that's associated with not being given acknowledgement, attention, out of the past conditioning, there will be an enormous reaction.

How dare he? Who does he think he is? He let me down again.

Everybody, all women let me down, all men let me down, whatever. The ways in which you interpret reality is through the conditioned story of me. It's a heavy way to live and then you don't see that the innocence that is actually in situations when you do not impose an interpretation on it, when you do not attempt to incorporate a situation or a person or an event into the story of me, or do not attempt to push it away because you can't fit it into the story, this shouldn't be in my life.

Why am I in this office? This shouldn't be happening. So you try to push it away.

See how automatic the process of labelling, interpreting is and see how simple life can be if you can allow this moment to be as it is without imposing the heaviness of a story on it, to try to fit it in or reject it because either it will enhance your story or it will make your story somehow doesn't fit in at all. It shouldn't be happening. It's one of the two.

So and so there's the conditioning that people live with the whole lifetime, the whole lifetime never being able to go beyond a limited sense of I. Is that who you are, the circumstances of your life that are not complete yet, never will be? The story that you tell yourself or others, a few reactive patterns.

Living your whole life trapped in that tiny little shell and even if for a while the story seems to improve greatly it's never satisfying for that long and things then tend to go wrong again. It might suddenly improve financially and then relationships collapse or you have great marriage but you're poor. Career taking off and you lose privacy.

You lose personal relationships. The world of form is always limited one way or another you encounter limitations. You cannot arrange forms around you that are all perfect.

So when you see that it's quite a relief to see that the feeling that you are not complete yet the feeling is not a personal matter at all. Everybody has it. Don't believe the magazines when they tell you with glossy photos that these are the people who made it.

Their stories are complete. They're not. They're just as unhappy as everybody else.

And ultimately it doesn't matter whether you're unhappy in a mansion or unhappy in a little room. It's the same in a state. Unhappiness is ultimately inseparable from deriving your sense of self from that limited story of me.

Unhappiness is even a necessary ingredient for that sense of identity. That sense of me needs its unhappiness and its conflict and its problems because it's through that that it can define its boundary. Me and my problems, that which impinges upon me.

Me and my enemies. It loves its enemies than me. It needs its enemies.

Enemies can be people or situations. And usually the enemy is the present moment. And there's a continuous state of contraction, of reactivity.

So this is how people live. They make the present moment into the enemy, the only place where life is. The only place where all there ever is is this.

They are against it. Not aligned with it internally. Out of alignment.

A strange way to live. Suffering. A great deal of suffering arises.

And so this the mind made me is a suffering entity ultimately. Occasionally it gets a few pleasures. But they never last that long.

Occasionally it gets a high. You add a thought form to me. Just thought of BMW.

The car is not important of course. The thought form that is imbued with self is important. My car as a thought form is what makes that car so important.

It's not the car at all. It's the fact that the thought of my car that thought has self in it. So you have and then you cling to that, you add that thought form to the collection of thought forms that make up who you think you are.

And for a while it's satisfying. I have expanded because I have added this big thought form. The self in the thought.

Me. And if you can add a big house or mansion in Beverly Hills. Mine.

And then you look at it and say you feel yes, you have grown. And then after a little while the thought form doesn't quite fulfill its function anymore. It wears out.

And it's just a car and then you just sit there and you realize you cannot sit in more than one room at a time. So you have 25 rooms there but you can't be in all of them at once. And you can only sit in one chair at a time.

And then the thought form of mansion isn't all that satisfying anymore. And if you have made it in the eyes of the world you've reached a dangerous point now. Because you can't think of anything else to add to me.

You have it all. There may be a few people here who have reached that point and have also seen the unsatisfactoriness that is even there. Otherwise you wouldn't be sitting here.

You would be enjoying. And it is not to say that you cannot enjoy the world of form. It is beautiful.

It is to be enjoyed. So many beautiful forms around you. Forms become heavy when there is a self in them.

A sense of me, self. Then they become problematic. And then you begin to suffer.

Be unhappy. So why not have a mansion? Am I saying renounce all your mansions.

Move out of Beverly Hills. No. It doesn't really matter.

You can enjoy that. Why not? Beautiful forms around you.

And if the mansion should collapse and leave you, you may suddenly find yourself sitting in a cabin somewhere else. Still feeling the aliveness within you. And the fullness of this moment.

The incredible fullness that is concealed concealed underneath the appearance that this moment takes. But you cannot get beyond the form that this moment takes as long as you are fighting internally with the form that this moment takes. Which is the normal way to live.

That keeps you trapped in form. Your own form identity fighting some form around you. But if you can allow whatever form this moment takes to be.

Because you have seen the insanity of living in any different way. And also because you have seen and this is maybe a little shocking at first when you see that since everything in this universe as Buddhists know as physicists know everything in this universe is totally interconnected. What we perceive as separate things bodies events situations are not ultimately separate.

There is a web the entire cosmos is one web of interconnectedness. There are ultimately no separate events or separate things. Every little thing is connected with the totality in ways we could not possibly understand.

Even Einstein could understand even 1% of how everything but he had great insight. Nobody can intellectually understand how in what way an event is connected to the totality. But we can see that it is connected to the totality.

And that means whatever is has come about by the totality. Whatever is cannot be otherwise. It doesn't mean that nothing is ever going to change.

No. But the is-ness of this moment this moment, the form that this moment takes is as it is because the totality with which it is connected has brought it about. So if you judge it and react it you take, you separate something out of the oneness and say this is a separate event and this should not be.

So when you see the inevitability of the form that this moment takes Wow! Even arriving here just to take a relatively insignificant example arriving here and finding not enough chairs. Why should that be happening to me?

I got my ticket. Well it is the entire universe has brought this about. Of course it has.

Every, whatever form this moment takes we cannot know how it is connected. It's only occasionally that in retrospect something happens to you that the mind says this is a dreadful thing it is a senseless thing that happened to me if the universe seems to be a place of complete where random things happen just complete absurdity like a theatre of the absurd to some people and only years later do you realize if that thing that I called dreadful at the time had not happened to me all this would not have happened.

I would not have changed I would not have realized this I would not have gone beyond this limited sense of me that I was and so occasionally you can get a glimpse of how a seemingly meaningless event does make sense within the totality within the whole but in most cases you cannot know through the intellect how this event is connected to the totality all you can know is that it is connected to the totality and so if you then allow it to be because you see the futility of eternally resisting the totality then you become part you were already but you somehow had removed yourself in an illusory way from the totality you become part again of that and an enormous energy and intelligence can express itself through you when you drop the resistance to what is the intelligence of the totality of the cosmos the one intelligence can express itself through you then and that is why all creative humans, no matter what their field of creativity is in their field of creativity they have the ability to step aside as their me and be in the state of surrendered aware presence the state of attention the state of looking looking at a canvas looking at a piece of paper looking at whatever, even scientists using thought for a while and then arriving at an insoluble problem and then looking thinking comes to an end for a moment and is replaced by what we could call pure attention or pure awareness and in that moment an intelligence that is greater than the accumulated intelligence of the mind operates and in that moment the creative impulse comes and the creative impulse always comes from beyond the little person the little me and the little person subsides when you allow this moment to be completely and give it your full attention the two go together you allow what is to be and you give what is your attention that is the awakening of unconditioned intelligence in you and that is when your life suddenly shows enormous capacity for transformation and renewal that goes far beyond what anybody could have predicted when they looked at the conditioning of your mind far beyond what any psychoanalyst could have predicted after analyzing the content of your mind for 12 years because that would be moving within the realm of the conditioned and so for those humans who do not move beyond the realm of the conditioned both personal, in a personal sense and the vast collective conditioning that you inherit, that is to do with the culture you live in the time period you live in the genetic conditioning, the very fact that you are a human already means you are conditioned in many ways, you have a mind, a human mind, which is collectively conditioned already, so those and then comes your personal conditioning from your childhood and your life experiences so those humans who don't go beyond their conditioning, you can predict more or less within this realm of relative certainty what, how their life is going to develop, yes things may change on the external level but you

can more or less predict their relationships the problems they're going to have because it's all already there in the conditioning and the conditioning may be in some cases in some humans it's better relatively better than in others you could say although all humans have the basic collective conditioning, they are burdened with a mind that never stops thinking they are burdened with the pain of humanity that each human carries inside as the pain body, that's the collective that each human has on the personal there are variations some humans come into this world and say they've got it made already, when they're 18 they already drive the Ferrari everything they've ever wanted is given to them well, if you look at their life, you may find it wasn't all that great to have that others come into this life you could say every human comes with a as given a block of piece of wood and say here, that's your conditioning, and some blocks of wood look already quite nice oh, I can work with that easily can make that and other people get blocks of wood and say, what is this? they are born into totally dysfunctional families everything is the entire everything seems to be designed to make their life hard and difficult and yet they may end up in prison and yet at some point humans it happens to some humans and it's happening to more and more human beings on the planet now at some point something arises that cannot be explained from the conditioning of their mind something arises in a human being you could have never have predicted that this person the criminal who all his life committed crimes ended up in prison spent 10 years in prison and suddenly the suffering became so unbearable suddenly the story the life the I that is identified with me and my story collapsed through surrender because the suffering was too much ah and there was simply the is-ness of this moment and I'm sick I have received quite a few letters from people in jail who have experienced this very same thing suddenly becoming free of the me of the heaviness of identifying with me and my story what's left then a field of aware presence yes there is a they are still sitting in a prison cell but they are no longer deriving their identity from the story that says this is what they have done to me or this is what life has come to this is what our life has treated me unfairly this is what these bastards have done to me, they have put me in here and I have to, I've been in here for 12 years, I'm going to be in another 20 years and the story that is around I have failed everything failed, my whole life is totally awful it's an unpleasant story and some stories have to become very unpleasant before they collapse or not necessarily collapse before you withdraw your identification from it so it happens to some people that so many things go wrong that the story of me becomes more and more unhappy one thing and this is how traditionally people have had the spiritual realization of who they are beyond the story it's only when the story collapsed or became so unpleasant and heavy that they could not bear it anymore and suddenly something happened and something emerged from within that has nothing to do with the story a deeper sense of I which was always there but it got mixed up with the story so when you look at your life you may find that when you were in your teens, early 20s your life was very different from the way it is now, you may have gone through tremendous changes already totally different life situation perhaps but there was always that underlying at the deepest level, the underlying sense of I that didn't change if your

story changed completely if you are poor now and a few weeks from now you are extremely wealthy and behold let's say you are poor and in the eyes of the world unimportant totally meaningless thing anyway it's wonderful to be unimportant in the eyes of the world if you are poor now and unimportant in the eyes of the world and suddenly in months time they discover you it could be true because there are so many actors in LA and so suddenly months from now you are sitting in a cafe and a man comes and says give me a call, here is my card and you read and it says we have a famous director and few months later you move from your little room to Beverly Hills and then you sit there in Beverly Hills and you think wow it seems like a new and completely different incarnation from being a waiter or a waitress only a few months ago and now the world suddenly I am on the front page of magazines that you look at yourself wow wow and then if you look deeper all of the story has changed you find the sense of I hasn't really changed on the surface the change has happened but the I am-ness hasn't changed no matter what happened on the surface of your life so people confuse that deep sense of being-ness of presence with the story so if you can step out of the story and feel that directly you will see the sense of being-ness of presence nothing to do with your life situation your past or your future nothing to do even with your name there is an underlying field of presence of being-ness and that miraculously is inseparable from what now is in its deepest sense so what does that mean?

it means consciousness itself before consciousness takes form that is the deepest part of who you are you are consciousness itself you are not what you are listening to right now, not what you think right now but how is it what is it that makes the listening possible at this very moment what is it? conscious awareness, conscious however you want to put it there is a field I sometimes call it the field of now the field of now and then things happen in it they come and go the form changes if you could live life in such a way that you do not lose touch with the field of now then whatever happens in the now will not overpower you and you will realize there is a far greater power inside you than there could possibly be anywhere in the world of form the world of form which is the physical universe looks sometimes so overwhelming but it's nothing compared to who you are in your essence the formless one life, one consciousness out of which all forms come and so just a little one additional pointer to this as you realize this, you realize that there are, one could say don't take anything too literally because they are only pointers there are inside you could say two dimensions this is very very simple this could be explained to a six year old there are two dimensions inside you and this you can verify because as within so without there are also two dimensions outside, what does that mean? right, it's very simple when you look around and I suggest you go do it at night, the sky is clear you look up at the sky and you see of course you still see what's around you the houses and so on then you look into space and then you realize when you look into space you realize that whatever you is out there there are two dimensions it's almost too simple there are things in space galaxies billions of galaxies of suns there are things in space and there is space when you look outside, that is obvious and when you look into space

the vastness of space is almost beyond anyone's comprehension when you look out into that vastness with a few things in it, so called things you see it is awe inspiring to look out into space and when you truly look your mind becomes still you can't explain space they've tried but they didn't get very far and then as soon as you start speaking about space you ask questions well ok how far does it go?

well then some say well it goes on forever forever and what's behind that? and others say well it curves back upon itself and then you think ok, but then what is outside this thing then? there must be something outside if it curves back impossible totally incomprehensible but what you can think about is the things in space ah, you can actually get a telescope and look, oh there is a star that is such and such a star and then you can collect data about it you can think about it you can measure the light frequency that comes from it you can work out how big it is how many light years it is away that you can think about space you can't really think about so when you look outside there is space and things in space and even here in this room there are things in this room and another what is easily overlooked there is space without it nothing could be here and the strange thing is the same is inside you there are things inside you which are thoughts perceptions, thoughts emotions you look there is a sense perception the sense perception becomes a nerve impulse the nerve impulse is decoded in some way that nobody understands and then something is recreated in your mind as a thought form, which is the sense perception, a thing so whatever you see is a thing, becomes, is an inner thing, a thought that you think is also a thing anything that arises inside you is something and for most people that's all there is to their lives all they know is the things inside them with which they are identified as me what they don't know is just as outside there are things and there is the space in which the things appear the same is inside you there are things and there is a vast space of spaciousness inside you also which is actually as deep and as vast as what you see out there and cannot think about and that space we could also call it stillness an inner field of stillness in which thoughts happen because a thought is a thing when you allow the things in your life in this moment to be as they are also allow the things inside you to be as they are thoughts come, emotions come you perceive whatever is in the field of awareness now when you allow something spacious becomes is realized inside you a sense of space opens up inside you and you realize that there is in you what we could call object consciousness which is the continuous stream of thinking me, my story my this, my that and there is also inside you space consciousness and in many of you that dimension is arising in your life the unconditioned consciousness not a form it's just like space it's not a thought you can't think about it and yet all thought comes out of it so so we are speaking of inner a sense of inner spaciousness that is there when you allow the form to be as it is because allowing is space without allowing in your life everything is crammed full with objects one after one damn thing after another one damn thing after why doesn't life leave me ever alone and one thought comes after another and another and the same history of humanity as many of you know I've quoted it a few times one damn thing after another

was Winston Churchill's definition of history and it's the same still, switch on the TV they're doing it again wasn't the 20th century enough, the horrors of that didn't they learn no one there's no end to it unless something shifts in here unless something shifts in here in a sufficiently large number of people on the planet otherwise it can only get worse and so this is why we are here, if this shift were not happening why would so many people be here would so many people respond to the book the power of now and other forms in which the new consciousness comes in by the new consciousness I mean space, the unconditioned it's not new, it's timeless but we call it new because most humans up till now had no idea that it existed so they were like people walking around destitute not realizing that they have a bank account in Switzerland with 10 million dollars in it please give me a dime didn't you know that you are this is a these analogies are always a little defective because a million dollars wouldn't save you at all wouldn't make any difference so people not in touch with that dimension not realizing that who they are in their essence is not anything is not anything they had hitherto identified with as me is not anything that happens in your life people have been looking for themselves in things this is how thoughts become invested with self so they are looking for themselves in situations an enhanced sense of self through adding a few more things it doesn't have to be material things some never go beyond the level of needing to add more material things to finally feel that I am now fully myself others graduate they move beyond material things and then try to add other things to themselves, still the same pattern may operate become knowledgeable add more of that in a search for more experiences as many experiences as possible I'm a collector of experiences I'm looking for the next thing to experience where is food again it's not food, the body doesn't want the food, it wants only what's needed but the need for more gets translated into the physical realm the body doesn't want unlimited sex, occasionally it wants sex it's part of the natural functioning of the body, but it's the obsession with sex or the obsession with food is the need for more which is in the human mind to add more, I feel so incomplete ok, let's have some more sex or let's go to the fridge and so the need for more which is deep seated in the human mind more which is the need for future the need for the next moment can become translated into the need for another sandwich or piece of cake and for a little while you feel ah and then again comes the feeling of lack, not enough ok, where can I get more now TV, another experience you watch violence on the screen anything to avoid spaciousness I will do anything to avoid spaciousness in my life ok, where is the next thing and this is how people live and we have an entire culture, an entire civilization an entire industry designed to a large extent to fill up people's to satisfy people's need for more to fill up people's inner space with more things and it is rare but it happens, because there is a shift coming, it is rare that anything you see in the media in films, for example that that dimension comes in and sometimes it does and it's wonderful to see it when the dimension of space comes into a film that is a mainstream film, and suddenly you have, wow, there is something there, and people may not know what it is and so they may find, they may say oh it's a great film, and there is something in it, they may recognize it something there so I don't see films very

often, but occasionally I watch it, and it's wonderful I saw an old film recently, I only saw it a few months ago, The Horse Whisperer, and that is a film that has space in it and people don't realize when you watch it and there are some other films, when you watch it certain space arises inside you also a stillness in certain instances and so I could probably name a few, but you will see you'll know it when you see it it's beautiful when it comes through the mainstream media and a different dimension comes in so but to a large extent, it's still let's avoid that let's just not find your reality so the egoic entity which consists of thought forms and emotional forms doesn't want to look at space, because it consists of form of things ok, I want just a moment to but

[Speaker 2] (1:46:26 - 1:46:27)

it can't do much because

[Speaker 1] (1:46:27 - 1:53:35)

there is a vastness inside you and if no matter how disturbed no matter how not at peace a human being is in each human being that dimension we could call it space we could call it stillness we could call it peace is there it cannot be destroyed no matter what happened to you in your life and there may be some of you to whom dreadful things happened perhaps in your childhood because many dreadful things happen in this world at this very moment in many parts of the planet not only the obvious things but you don't see it in families everywhere no matter how dreadful things, whatever dreadful things happened to you in your life that dimension could never be destroyed or harmed or affected in any way there is a temptation when something dreadful happened to you in your life to continue to identify with that image that something dreadful happened to you it is good of course to acknowledge the pain you feel it is very important to allow it to be that's very important not to carry an identity around with you I am such and such that is heavy see realize who you are beyond that and it also applies if you did something in your life to someone because you were unconscious you couldn't help it this is for humanity don't carry with you the self image of someone who did that it was one of the expressions that human unconsciousness can take and what is human unconsciousness? unconsciousness is complete identification with a conditioned mind that's all and there is nothing ultimately personal in it it is not who you are it gets mixed up with the I with the now so we are the world is in a seems to be deteriorating but it has deteriorated for a long time the unenlightened state of consciousness of unconsciousness what we don't see especially these days on the news is that something is emerging at the same time and it often happens that the old unconsciousness deteriorates as the new arises simultaneously for example a limited example there was a spiritual awakening here in the 60s there was an enormous influx suddenly of people disidentifying from things that they had hitherto identified with in other cases they identified with something, some new image yes, that happened also but there was some space arising a little bit then it became obscured again but there was an arising of that

which was not conditioned which occasionally yes turned into conditioning also but that's fine and that coincided there was the Vietnam war which people did awful things but at the same time there was the unconsciousness which became so obvious the unconsciousness that is in the human psyche became so obvious when you look at what it is doing and you can look at the whole 20th century and see what humans have done to other humans throughout the 20th century incredible suffering God no and don't fall into the temptation of believing that what you see on the TV screen is all there is when you watch TV I recommend that you don't watch all day long especially these days when you watch the news or anything else you may don't underestimate the importance of your state of consciousness at that moment I'm not saying don't do anything, whatever you do you will do but let the doing come out of the unconditioned not the conditioned so when you watch images on the screen death and destruction even without a wall many images on the screen are of death and destruction what you see in the news and if that were not enough they recreate the fictions on the screen are death and destruction

[Speaker 4] (1:53:35 - 1:53:36)

amazing

[Speaker 1] (1:53:39 - 2:14:50)

it's not enough to watch the news then you watch a film that shows the same thing when you watch the news don't underestimate your state of consciousness as you watch and be aware yes, there may be you may feel emotions arising in you as you watch but be prior to the emotion imagine what or who or what is watching those images who or what is feeling those emotions that moment sense, can you sense as you watch the field of presence of now, of consciousness of awareness that you are and allow those things to be there, not saying they are good they are at that moment in other words be there as awareness which is what you are as you are at this moment it may be a little easier at this moment to be sitting here and to let's put it this way this is the ultimate secret to be aware of awareness in yourself and when we put that into language, we have already created a non-existent duality because it's not that you are aware of awareness let's see there's two things here there's not you and awareness you are awareness you are consciousness prior to form without that this would not be even when you dream you wake up and you say oh it was all unreal it was only a dream well not the dream wasn't totally unreal because without consciousness there would have been no dream so the consciousness in which the dream happened was the one thing that was real in the dream not the forms that were happening in it ultimately they were like smoke, like clouds and here ultimately the one thing that is real is your consciousness the essence of who you are which is one with the consciousness to know yourself as consciousness consciousness or awareness so the way I put it just now is as you sit here yes there are things in your field of perception yes seeing happens hearing happens occasional thought comes what am I going to have for dinner tonight what's going to happen

tomorrow because most thoughts are not future or sometimes not past yes is that all there is haven't you overlooked something oh consciousness stillness space inner space within which it all happens ah now that is the deepest meaning of now beyond the forms of now because the forms are not always what you might choose through the mind but if you can be aware of awareness in your daily life that is the unconditioned is then alive in you so to speak, words are all limited and then you go into a situation and there is a power in you that is greater than anything that you have learned it is also a space of no thought and that's essential to realize because otherwise you may be sitting here still after all this trying to figure out the essence of what we are talking about and that is the one thing that you cannot figure out through the mind the essence of this evening is not something that you could work out through the mind so what is the essence the possibility of being in a space of no thought and many of you, you may not know this the state of thoughtless awareness in which there is no loss of consciousness, very alert, deep knowing but not conceptual that state in many of you is already arising you may not even know it because to the mind it is completely insignificant because the mind is thought and thoughts are forms, objects in consciousness and objects in consciousness don't know about space consciousness consciousness itself so you may find when you wake up in the morning you open your eyes and there is simple spacious awareness for a few seconds then you may find when you lift a cup of coffee or tea in that moment there is no thought, there is a simple awareness of the movement and just a field of awareness in which it happens there may be many instances you may be sitting at a traffic light in your car and there is a moment of no thought and then thought comes in again and says, oh remember your problems you must think about this now you have great problems there is no person by the way who does not have problems because problems arise out of identification with things with objects and objects are short lived they are not reliable they let you down situations let you down people let you down sooner or later every object lets you down every situation lets you down you could become famous and then you are not happy it let me down I thought this was going to be it and that is amazing this is and then you may find yourself looking at a tree and there is a space of no thought in which the perception happens which is a stillness a life stillness and to the mind it is not significant how does that help me solve my problems it transcends problems problems are to do with identifying with thought forms there are no problems what do you mean there are no problems look at the world situation, isn't that a problem no it is not a problem it is suffering it is happening now problem is thought form in the now you may have a challenge never a problem a challenge you meet by giving it attention and if you give it thoughtless attention which is you look at it and out of just that small space of no thought, just pure aware presence comes the right action if it is needed that is how some people have found the amazing shift that happened inside them in a moment of an accident the last few seconds before an accident the car was coming towards you at 100 miles an hour and suddenly no thought a sudden dis-identification from thought forms consciousness moving out of thought forms into its pure state of consciousness looking and then they survived and then they said a strange

thing happened to me the car was coming towards me I knew there was going to be an accident and it seemed as if things slowed down and there was no fear I felt incredibly peaceful although I knew I could die just that incredible sense of peace extreme alertness in that peace that's what they said couldn't explain it other people in extremely dangerous situations went into that state and they acted out of that state, in other words totally unpremeditated spontaneous right action happened when a situation occurred that thinking the conditioned mind could not possibly have dealt with it doesn't know enough, it's not fast enough it doesn't have the information it cannot deal with true emergencies thinking so sometimes it happens that naturally thinking steps collapses and something takes over that is far more powerful than thought not different from thought, thought is an aspect of the vastness of consciousness but this is when the unconditioned takes over and it's always still alert present and out of that the act or action happens, there's no doer in the doing and then the situation is over and then the old usually the old mind patterns come back, but sometimes something is left in that person, an opening is left in that person that faced death, for example, it was death faced death and looked death in the face and suddenly the shift happens, so for some it becomes an opening and then becomes the transformation of consciousness and the same in the mode of creation, in an artist and even a scientist, the creative impulse, the realization comes out of no thought still aware alert presence and that is grace, this is when space comes into your life grace comes into your life and you are then supported by life the struggle of me trying to make it, goes away it's like somebody who's learning to swim when I first learned to swim, I remember the struggle of keeping myself above water and then somebody said try this, I don't know if you can do this I learned in the Mediterranean which has a lot of salt he said try this, breathe in and then you can just float and I did oh, the water carries me it's not unfriendly and when space comes into your life the separation which is insane the egoic separation of me and the rest of the universe or even worse and this is how it usually is me against the universe that's how people live that separation isn't there anymore the more that space consciousness comes in there is a oneness with me and the universe not the separation of me and the universe I am not separate from the totality or could I be? I am an expression of the one temporary expression in this form oh space and grace happen to be similar in the English language and that's beautiful grace means something beyond the form that as which you appear temporarily here comes in something that's beyond that, a greater intelligence and also the word that has been misused so much love true love not the egoic love that says I want you don't you ever leave me it's one that in the Spanish language there are two words for love the usual one, the one that's mostly used is to do with wisdom sometimes embodied in language te quiero means I love you in its normal way, the egoic which really translated means I want you so in Spanish I want you and I love you are the same and then there is a deeper which is very rarely used they say it's poetic which would be te amo I love you which is the love that is beyond ego, which is the love that can only be there when there is space it is inseparable from space so how does that operate? a human being comes into your life it may be just a brief encounter

or someone you've known for a long time here is an encounter what the course in miracles calls whenever two human beings meet, it is a holy encounter I would add it is only potentially holy and when that potential is realized a meeting of two human beings is beautiful even if they are pretending to be engaged in some superficial interaction like somebody is buying a newspaper and saying I'll have a copy of the L.A. Times please if you still buy it how much ok, keep the change or I'll have the change but there is a moment of are you meeting that human being or is that human being reduced to a form identity a function, a role is that what you are doing that is not a holy encounter holy encounter is when you can look upon a human being no matter how briefly in a moment of spacious, aware presence just look there is no thought in it there is just consciousness perceiving knowing yourself as the perceiving consciousness, not through concept you might not this is just one way of putting it I lived like that for years but after the shift happened in me and I couldn't have said what I am saying now if somebody had said to me oh you now know yourself as unconditioned consciousness I would have said what do you mean I don't know what you are talking about all I knew was peace there is such peace wherever I go it's peaceful for whoever I meet there is peace as an underlying field the middle of traffic there is peace as an underlying field, that's all I knew for years I couldn't say much about it so what happened to you well I was always in turmoil it was dreadful and suddenly I've been at peace ever since very deep, beautiful peace don't know that's all I can say and then after years I talked to other Masters teachers, Masters and they said Zen Zen, a few Zen people and they said what Master said Zen what's that no thought that's how they talk sometimes no thought and if you don't get it they may hit you and he said that and I said oh my god I realize now that for the past few years I haven't been thinking very much at all that's where the peace comes from wow I didn't know and then some others added a few more things so gradually I could say a little bit more about it and then I recognized it when others no matter what traditions came whether they were Buddhists or mystical Christians or Hindu or any Sufis any whatever tradition I recognized whenever the truth was being pointed to oh yes, that's what they are talking about

[Speaker 4] (2:14:50 - 2:14:52)

oh

[Speaker 1] (2:14:52 - 5:22:26)

it's so simple, it's everywhere two human beings meet and there is a flow of one could almost say a current of awareness that is there as the sense perception happens and another aspect of that of course is allowing this moment to be as it is and this moment is taking the form of this human being forms change continuously so you allow this form to be and there is the outflow of attention of awareness and now there is a true you are meeting beyond the roles that you play on the surface level of this world because on the surface level of this world you meet humans playing their respective roles one person

plays the role of customer and the other person plays the role of employee or you play the role of doctor and the other one is the patient or you play the role of father or mother dangerous roles if you completely identify with them if you completely identify with father or mother you will continue to play the role even when your children are 30 and 40 does that sound familiar to some of you completely identified with being a mother I know what's best for you when they are 50 the mother is still it's beautiful to play the role of father or mother but to be identified exclusively with any role is a dreadful limitation and brings suffering so I can be a mother but can also be there as space for the child to be to give the child space to be able to look at the child without without some movement of thought that says you should be doing this now do that, why didn't you do that to just look to just give attention to listen listening and looking I'm using these conventional words meaning the flow of awareness which can flow into listening and looking but the looking itself isn't important, the listening the words themselves are not that important the child may be talking about what happened at school but there is space and that's the greatest gift that frees you of the roles you play not that you don't play them anymore but they have become spacious there is a lot of space around the roles and then you become much more effective even in the function even in the roles you play you become a much better mother or father or employee or boss or doctor no matter what the roles are when you are not exclusively identified with the role imagine meeting a doctor who is just there are many these days who are just doctors because they are so identified their mind is quite full with stuff they have been conditioned like that since childhood so they don't really they are not there you are a case history ok take that they hardly look at you they are so burdened, one patient after another ok next and then there is a doctor who may be equally busy but gives you attention just a moment and so goes beyond the role and is there as aware presence and you feel suddenly ah, it's so good there is space there is space here and as another human gives you space space arises within you too and it feels good to be there and then the doctor just makes one or two little remarks which were not premeditated which came out of that space that stillness in him or her which help you greatly he said something and I know some doctors who work in that way they are enormous blessing to all their patients not that they neglect their form identity their form identity becomes incredibly enhanced through going beyond form ah so you honour the world of form but are not trapped in it not consumed by it awful what it does to people when they don't know themselves as spacious awareness how forms consume your life completely my god it keeps the space ah and then no matter where you go there is always inspiration comes through that spontaneous action comes through that realizations a sense of oneness with whatever you perceive which is not there when whatever you perceive is enabled and interpreted and given some form identity not that you don't think anymore thought still comes you are no longer exclusively trapped in thought so you can look at a tree and there is a moment of spacious awareness as you look the perception happens stillness you look in and through stillness and then perhaps your child asks dad mum what's this? what's that? that is the age when children start the human mind demands

labels and you must satisfy it that's the evolutionary state of the child the human mind wants the labels dad what's that?

and the dad would normally or the mum would normally say it's an oak tree or it's a tree and already the dad or the mum didn't realize that a prison is already forming for the child because the next time the child looks at a tree the looking will almost not be because immediately it recognizes it, classifies it oh tree tree, a tree a tree but if the father or mother could say when the child says what's that? says look touch see that?

these are it moves in the wind encourages the child to give more attention before the label is given and then you could say we call it a tree and then after you say it, encourage again to look look there, the movement of the leaves, these are leaves but now look listen to the noise the leaves make and then listen don't get lost, in other words, don't get lost in abstraction don't get lost don't get lost in a totally conceptualized reality it's a nightmare a conceptualized reality you walk around with a conceptualized sense of self in a conceptualized reality what a way to live and that of course is not surprising when millions and millions of humans live in that way what they create externally and all that is great in human beings when you look yes, a lot of human history is complete insanity but also here and there there are great and wonderful things that have come through human beings creations artistic otherwise or sometimes just acts of great love helping great insights great whenever this has come into it's always been through that not through the accumulations of the human mind the human mind may have come in at a later stage to give expression or form, but the insights the greatest greatly inspired things the great works of music of art all came from the deeper level of the unconditioned so one could almost look upon human history as a case history if the whole of humanity were a human being that human being would presumably be in a mental home but if you looked at the case history of that human being it would be a case history of insanity with a few lucid intervals of beautiful lucid intervals here and there and those are only point as to what is possible but lucid intervals are no longer enough now humans need to enter that state and that's a limited way of putting it, and it is happening, they are doing it it is happening, the doing and the happening are one because sometimes people ask me well, isn't it happening anyway? yes, it is but you still have to do it, your doing is the happening, so what you have to do nothing allow this moment to be as it is well, isn't that a doing?

no, not really everything else is a doing just this and naturally the aware presence is already there it doesn't need to be brought about it is only obscured that's all so it is very true when some of the, you may have read some of the buddhist masters they sometimes say you are already enlightened and that's a strange thing to say, but it is true it is not true if that becomes a thought form in your head then it leads to more trouble so, if you walk away it is ok, I am already enlightened but in a deeper sense of course it is true that the consciousness that is unconditioned is already here, in you now so the quickest way to it, so quick that it doesn't require time at all if time comes in that

will be the obstacle the surrendered state of consciousness that says yes to what is that's all and then there is space the yes brings the space or makes you realize the space that is already there have space in your life or realize that what happens in your life or what does not happen in your life is not absolutely important relatively yes but not absolutely your state of health your finances your work situation, your relationships your home situation those are the usual levels that bring problems those things are relatively important it is good to honor all those this is the level of form but perfection perfection is not to be found there you get one right and the other one leaves you nothing that happens in your life is that important and nothing can give you yourself or take away yourself no gain in life can give you yourself and nothing that you lose is really significant as far as who you are is concerned so there comes a freedom with that a space between you and what happens also and here too a little paradox comes in what happens tends to be more benign more benevolent when there is space in your life as I said earlier grace comes support comes you are no longer living your little life you are lived by the greater life by the one life that's the only way the world can change when humans realize that and the most important change is in you now not the next moment thank you If you live in New York and this beginning is too slow for you I apologize two days ago when we got here I wanted to go for a leisurely walk along Park Avenue on the crowded sidewalk and I realized it's very hard to go for a slow walk I could feel the pressure behind me of people and so like in all the very big cities Hong Kong, London, New York everybody is desperately trying to get somewhere and that's quite normal now of course everybody is trying to go to wherever they need to be if some extraterrestrial visitor came and said where are they all going to why are they in such a hurry of course the true answer would probably be they are trying to get to the next moment which they believe is more important than this moment and of course when they arrive in that next moment they'll do the same again and so I started to walk fast same speed as everybody else but I wasn't trying to get anywhere so it was ok because if you can walk fast and you're not trying to get anywhere it's not stressful you're just walking fast it's quite invigorating my plan was to go for a slow walk but it's always good to adjust to circumstances so the slow walk became a fast walk and it was good so the stress wasn't there in my case I didn't have to get anywhere if I had to get somewhere would that be stressful only if the main focus of my consciousness would be where I have to get to either the place or the time then it's stressful if I'm projecting myself away from this reality the only reality now and then this mental projection into the so called future creates the tension and then you see it's a mental pattern so just a little recommendation for some of you who may be part of that desperate urge to get to the next moment is to try and not become slow like me I'm not always slow but be completely in the movement so that the main focus of your attention is where you are and what you're doing at this moment trying to catch a taxi running, somebody else maybe wanting to catch the same taxi and enjoy that movement and if you miss the taxi, enjoy that moment always is it possible to enjoy the is-ness of the moment and to always immediately adjust and become one with the moment that's the end of all stress

and it doesn't mean you become ineffective, you become actually more effective you are not burning up energy uselessly in stress and anxiety because stress is always connected with fear and anxiety they are all mental conditions or rather forms of mental illness nothing personal in this this mental illness is not your personal problem it's a collective thing that we inherit and it's hard to even recognize it as mental illness because everybody has it almost everybody and then you don't, the entire culture is run by that and then you don't recognize anymore that it is actually dysfunctional well, perhaps you begin to recognize it when your life becomes more and more unhappy and then you begin to see that there's something wrong here particularly if it becomes unhappy and the world tells you that you've made it and then you're still unhappy so just a little recommendation for New Yorkers experiment with this fast moving about and see if you can be present in the movement your attention in the movement of energy then you're no longer trapped in the mind because the need to get to the next moment or the one after that is the need to get to the future now what is the future?

people believe the future is enormously important and unconsciously they believe it is certainly more important than this moment now I'm making something that is usually unconscious, conscious when you make something that is unconscious, conscious then you can more easily see the madness in it so unconsciously humans are driven by the belief that undoubtedly the next moment, with few exceptions occasionally you might be okay in this moment but usually the next moment is more important than this one in other words the future is more important than the present and that's a mindset now as we all know or maybe we don't the future of course never arrives the moment it arrives it's the present okay then you look to the next the moment it arrives it's the present but the mindset continuously looks to the future so with that comes an inability to be where you are rooted in being and in life and you miss the fullness of life, you have a substitute for the true rootedness in being which is the fullness of life itself, the power of life itself and the substitute is a mental thing we could call it stimulus or excitement in whatever form and the stimulus always asks what's next it always looks to the next thing it never goes deep at all into what is it remains on the surface of life what is and looks to the next it looks for some answer in this surface reality where it's always the next thing or maybe that's the thing that will transform my life will bring me whatever it is that fulfillment that I'm looking for the happiness that I'm looking for the completion that I'm looking for it must be there somewhere in the future which never comes because and that's an amazing realization and you need to realize that not just through mental concepts but with every cell of your body realize that the future does not even exist now the mind says that can't be true because I know that we are going to be here for an hour and a half and then we are going to leave so of course it exists okay but you never experience it I don't think the mind could argue with that the mind says yes the future exists but when you look more closely you see that you never actually experience the future so it doesn't exist it only seems to exist and that's fine it will continue to seem to exist on this level of where we move the surface reality where all the frightened rabbits

are running around the future will future continue to exist and on this level you cannot escape it but the strange thing is if you look closely you never actually experience it you can't see it, touch it, feel it it's just not it never is part of your experience so there is something that we call future it seems to have a certain reality in this life an overwhelming reality on this surface level because the future well you need it when you do things even to go home you can say okay I need time future is really time I need half an hour to get home and you need the future to prepare a meal it takes time you need the future to make a cup of coffee learn a language learn, become proficient in this or that okay there it has its place and so it seems to exist overwhelmingly because not only you need the future to do things it's there anyway it won't leave you alone time it's dragging you along with it we call that time past is also part of that which actually just like future seems to exist and people who are very practical and say what are you talking about of course it exists this morning I had breakfast it's still in my stomach and so they don't look more closely to see that when they had breakfast it wasn't the past and the breakfast that's still in their stomach is here now time seems to exist and seems to dominate everybody's life we cannot deny that there's something there that looks like time that not only you need it to complete things, to acquire this or that to learn this or that it's fine in itself that's not problematic but of course time has another more unpleasant face because it's like the criminal who leaves behind dead bodies and you can never catch the criminal because time you can never say there's time time eventually kills you kills the body but well, before it does that the body gets old look at a photo of yourself 30 years ago if you're old enough and then hold it up and look in the mirror and then you see something happened here or you might say as my father did when he was 80 years old, he said the quality of mirror seems to have deteriorated so like a criminal leaving behind evidence everywhere in the form of dead bodies but you can never say there it is you can only assume that there is such a thing as time because it kills everybody in the end and yet you never experience time what you experience is now it's not time, it's just all you can ever experience know is this it's now it's never not now so we have a little apparent contradiction nobody can deny that on a certain level time or something that we call time must exist on the other hand you can never directly experience time you can even look at your watch and look at the thing the hands moving but it's always now and so what then is time, it's a thought it's what the mind does to explain change so really past and future are thought forms they are part of the structure of the human mind and so the more time dominates your life the more identified you are with thought because time is and thought go together so is there a dimension of consciousness in you in which time becomes unimportant is there a dimension of consciousness in you that we could call timeless yes and that's why we are here this is not something to believe in because if you believe that there is such a thing as the timeless dimension of consciousness that's only another thought you could even have a church and say the church of the timeless if you can't experience it build a church so here we are the entire talk here we are pointing towards something that is within you I really I talk a lot give talks everywhere the words differ, no talk is quite the same as

another talk and yet it's always about one thing that's why I usually 5 minutes before the talk I ask what's the title of my talk in fact I don't remember what the title is it's always sometimes the title helps to get people it attracts, the mind becomes interested and once you're here then the mind got you here then perhaps something else is possible and the mind has no part in that and this is an important point as you sit here this gathering here is not something that is very attractive to the thinker the thinking mind in you because it's not stimulating enough it's not the thinker is not being given enough food for thinking in fact I'm taking away food for thought and so if you are here only as this thinking entity you very quickly become restless and you start to look to the next moment which is a thought and the thinker says ok why is he saying it again he's already said there's only the present moment why is he saying it again, I know that or as somebody said when I was still writing *The Power of Now* I talked to a young man in a cafe and he said I'm writing about the present he asked what are you writing about about the present moment he said nobody is interested in that anymore that's been done already think of something else the 55 steps to enlightenment now the mind would be happy with that because it's being given time and so I said oh that's great now I know exactly what I need to do in the next 55 years and when I get to the end then I'll be ok so we are using words here but the words are not there to feed the mind or even to explain the universe they are only here as pointers towards something that is beyond the words and that is the essence of this gathering it's not in the words the words themselves are never totally true when they refer to the deepest dimension within you they only point so don't attach yourself to any word and say I don't quite agree with the way you put it it doesn't matter it's just a little signpost you wouldn't look at a signpost that says whatever Rome this way and you say I don't quite like how they wrote the letter R it doesn't look right and it doesn't I don't like it and then you start thinking about it walk, just look at it and then go so it's letting go of attachment to the words the words are only little signposts there is something else here that is more important than the words and that is an energy field that is also in the words but it's also beyond the words and this you cannot analyze you cannot acquire it as knowledge you are not being given knowledge it's not nothing to do with knowledge in fact we can almost say although I don't want to frighten the minds we can almost say it's going beyond knowledge where you have the feeling I know which is all based on thinking thinking happens on the surface it's like a wave movement of ripples continuously changes now most people are so identified with this wave movement or ripple movement that they live up there in that reality they not only live there they try to derive their sense of who they are their identity from the movement of thinking from their memories from their personal history accumulated all consisting their entire personal history consists of thoughts and then you bundle them together the bundle is you could say that's your name that holds all this bundle together and that's me my personal history but the unconscious mind does not see it as my personal history it sees it as that's me me and my story the me who is not quite hasn't in many many cases unless something else has happened you've gone deeper the me based on personal history the identity based on personal history is not

happy for long it lives in a state of restlessness of discontent of not in feeling of not enough yet something is missing here I don't know what it is but something is missing that's why I'm always looking to the next moment hoping that to be able to find that something that's missing here some people seem to know what they think is missing they think what's missing is I don't want to be on a bike anymore I want the big car, that's what's missing I want the relationship that fulfills me that's what's missing so some people know exactly or think they know what's missing I want recognition from other people that's what's missing I want my parents to tell me that I'm good enough that's what's missing and so you can have lots of further stories that tell you why the story of me has important bits missing and then this is partly why there's always the next moment is more important than the now because the mind hopes to find what's missing in me the story of me in the next moment or the one after so there's the search there's something missing here a sense of incompleteness and in some cases there's maybe a very unhappy identity many people have a mixed identity happy one day unhappy the next one day is oh everything is great and then a little thing happens somebody says something or something goes wrong or what's the point of it or or a mood comes can't be bothered anymore with anything leave me alone and others are continuously in a state of unhappiness they don't even know it anymore because if you're continuously unhappy you don't even know that you're unhappy it's just normal and you sometimes see it in people's faces always they're not at home within themselves they're always out there trying to get into some other place and every situation is immediately judged and found wanting something not right here sometimes people who are possessed by and there are many in the population most of them don't find their way to this talk but occasionally one or two stumble somehow accidentally into a talk and then after 10-15 minutes you hear somebody noisily stomping out of the room muttering to them this isn't what I was looking for this isn't this isn't I had other expectations that wasn't it they always have other expectations and reality never meets their expectations it's a dreadful state to be in and quite normal so there's the that's the my personal history the unfulfilled me looking to fulfill itself in the future because my past wasn't really that great things happened in there that shouldn't have happened this should never have happened but it did this shouldn't be happening here, this person shouldn't be here in front of me it's all wrong it's all wrong completely out of alignment with life here you have the little thinking entity totally out of alignment with life which is here and now simple, very simple life is always can only be encountered here and now and the dysfunctional mind is elsewhere looking for life where it cannot be found because it's looking for life through thinking which is all that time is past and future looking for yourself or the completion of yourself through thinking that is the dysfunctional state and then not only that the personal history based unhappy discontent little me has other ways in which it attempts to strengthen its fictitious sense of self it identifies with all kinds of things with whole structures of thinking, ideologies others identify with possessions or you identify with some belief structure and then that explains everything in the universe and you immediately have the answer it could be

political, it could be religion as an ideology the depths of religion I'm not saying religion the entire religion is ideology but the way for many people religion, they don't know it is a mind made system of thought they haven't gone deeper into it it has degenerated into ideology although at the beginning of religion usually there is something else so it looks it identifies with this and that it it says I want happiness and peace but it can't stand if there is a period of time when there is no conflict it gets very restless partners living together, we are not fighting we haven't been fighting for two weeks we don't have a relationship anymore it needs conflict because that's one of the pseudo ways of feeling alive if I'm involved in drama at least for a moment I feel I get a kind of secondary substitute sense of aliveness I'm alive I'm suffering, I'm alive so the ego, which is another word we could call that entity, the mind made self that entity looks for okay, where can I find some more conflict because it defines itself it says there is the that's me this is me and there is the rest of the universe me and the world total sense of separation and of course the most interesting thing is me and all the rest is just secondary characters in that drama of me and you look at every, whoever comes into your field of vision, how does this person fit into this drama of me how can I, or is this person perhaps a threat to the story of me and myself is it, is this person okay, then you get this person I can incorporate into me, and this person I have to keep away, and so once you have a me, you have the other the other and the ego, the more deeply entrenched the ego is, the more you're identified with the stream of continuous thinking, which is how the ego keeps itself going the more strongly you feel the otherness of the other and then every other person is alien somehow and you look what does he want what's her motivation what's when it gets a little bit more pronounced then you recognize it as a mental illness called paranoia, but every ego has that need to emphasize the strangeness and the otherness of the other human being and that's then you live in a dreadful world where you never have true relationship because you are closed you have a conceptual sense of identity and you cannot sense your own aliveness anymore and you cannot sense the aliveness in the other once you are trapped in a conceptual identity in your head, me and my story then you will impose a conceptual identity on everybody else, in other words you have a few judgments about the others and then you tie a bundle around that and then you relate to your judgments of the other person, never encountering the other person who in reality is not other at all so you cannot sense that at a very deep level there is not only a connectedness there is even a oneness of yourself with every so called other, but you don't know that, so then to you it doesn't exist and then if collective because we have been talking about personal egos, then collective egos there is only one thing that is more insane than the personal ego and that is the collective ego the nation when people strongly identify with their nationality or religion can have that function too when it is misused by the ego for its own purposes and so you have the believer and the non-believer, we are the ones who know the truth the only ones, all the others are wrong we are right countries, and then if one country does it to another country you can see the entire population of the other country is conceptualized certain judgments are pronounced and then you cannot

sense the aliveness anymore and the connectedness and so the ego then engages in warfare and it feels its own pseudo-identity more strongly the more enemies it has and this has been the history of humanity up to now and the same mindset is still continuing but at the same time, otherwise we wouldn't even be here or I would be sitting here and there would only be one or two people there at the same time there is something else arising that is not of the ego a new state of consciousness now don't get attached to the words I'm saying new it's not really new because it's been there all along inside you let's just call it new or say I saw a second-hand clothes shop and it was called new to you laughter so without getting attached to the words always knowing when I say something that's not quite it but it doesn't matter let's just for the moment say a new consciousness is arising in humanity already in the past you can see already certain people having undergone this realization some of them became spiritual teachers and they helped a few people but on the whole the mind was unable of course to understand this so it used it for its own purposes the teachings of transformation when the simple messages for example don't look for the kingdom of heaven you can't say the kingdom of heaven does not arrive with signs to be observed literally it says that you can't say ah there, oh look here it is many things were already said which are quite obvious but the thinking mind immediately got in there and made it into some belief structure so we have the insane ego and at the same this continuing which you can see it reflected you see it reflected in world history 20th century the height of insanity and of unbelievable madness and that still continues if you want to see the reflection of the human collective ego see it by reading the newspaper and watching the news tonight and then you say oh yes this is mad, yes it's mad I can see it's mad so it's good we've been talking about these things because it is good to recognize madness as madness because the madman and there is nothing personal in this madness it's something that is collective if a mad person recognizes his or her madness then he or she is no longer completely mad because the truly mad person has no idea they are mad that's why they are mad but if you know there is something that says oh this is truly mad the way I am thinking look at my thoughts for one hour I've been lying in bed between 4 and 5 in the morning and thinking about my problems this is mad this is mad so there is the ability arises to be aware of what your mind is doing and that is the beginning of sanity or rather the arising of a deeper dimension of consciousness that has nothing to do with the conditioned stream of thinking and this is the, let's just put it like this for a moment, the new state of consciousness that is arising in large numbers of humans on the planet now for the first time in large numbers not the majority of the population of course how many I don't know my intuitive answer which I gave the other day when somebody interviewed me and said well tell me how many people are actually awakening laughter I don't know how many laughter I'm in a peculiar position it seems to me that almost everybody is awakening and I need to switch on CNN or some other station to realize no not everybody is awakening yet but for some reason intuitively I said I don't know how many I guess it's about 10% in the western world, the rest I don't know but the western world and some of the eastern world it's about 10% and I have this is not arrived at through

any research I don't do research laughter just an intuition of that's about right and now I'm not saying that 10% are already completely disidentified from their thinking mind and are already 100% aligned with the deeper presence that's a word we could use to describe the consciousness that is deeper than the stream of thinking no there are many who are now undergoing this process of a gradual disidentification of now we have to be careful with language because when we talk about these things using language which basically is about objects where language works ok say the chair is here and I am sitting on the chair ok that's not problematic but when we talk about something that is beyond the physical realm the language is no longer adequate knowing that it's not adequate we can continue to use it if we believe that I'm actually saying the actual truth is not in the words if you think it's in the words then you're lost in the mind again so the awakening process is a gradual disidentification from the stream of thinking where you become aware for example that there is thinking in your mind it can begin with and I'm not talking to people who have no idea what I'm talking about many many of you if not all are already going through the awakening process how do I know that because you're still sitting there you would have walked out or maybe one or two have such willpower that they're forcing themselves not to walk out I mustn't walk out because then everybody would think I'm not awakening another thing way of not being here is to always continuously look around and say I wonder if he's awake or he surely is not awake, can't be awake a gradual disidentification where you're able to see what your mind is doing for many people it begins with becoming aware of repetitive and dysfunctional negative thoughts that they have every day or recurring thoughts have had them for years thoughts that have made them miserable created dreadful suffering and misery because they didn't know that they were just thoughts they were so identified with the thought there was no space so the thought was considered to be absolute reality sometimes it may be early conditioning from childhood certain negative thought patterns if your mother or your father were unconscious they probably gave you many negative thought patterns some children are taught some parents tell their children you are stupid can you imagine that? when a child drops something for four year old, the mother or father says you are so stupid why did you do that?

now of course it's usually stupid parents who do that and then, this is just one simple example there is a mind pattern in the child, it's the mother or father's voice, it says you are no good, you never amount to anything I'm using one simple example one could write volumes of books about ways in which the human mind gets conditioned at an early age and then the conditioning remains in the mind as repetitive thoughts, sometimes triggered by certain situations, they may not be there continuously, only certain situations will bring them up again, and then you suffer the emotion that you feel when you think that thought is very painful but you are not present, you are identified then completely with the arising thought, you and the thought are one, you are the thought to you the thought is the reality and the beginning of awakening for many people is the ability to see these are the kinds of thoughts that habitually I tend to think,

or rather that habitually tend to arise in my mind and then you suddenly realise it's a thought no more than that and you begin to no longer believe in every thought that comes every judgement every interpretation about yourself, what you are telling yourself about your life now in some cases you may be telling yourself good things, some people have thought structures in their mind where they have an exaggerated opinion of themselves they are telling themselves that they are a great unrecognised genius far superior to anybody they've ever met and nobody recognises them because they are all too stupid to recognise them this actually is not uncommon in some people, and again, totally deriving your sense of self from a fictitious mental structure now in some cases you can recognise it as complete fiction but it's always a story, no more even if some people confirm to you yes your story is right if you say the example I gave in a book if you say this skyscraper I own it it's mine now this may be true or not true if it's not true then the difference is between it being true and not true is that nobody agrees with you if you say this skyscraper is mine and they say no it's not, then they call you you need a psychiatrist or you're a compulsive liar in order to enhance the way in which other people see you not knowing that everybody realises that you are a compulsive liar you continue to lie compulsively, hoping that other people will think highly of you, and then you absorb their thoughts and make them yours and say, no I'm finally somebody, I want to be somebody, and that's why I'm saying I own this skyscraper perhaps deep down I know that I don't own it and then the other story is perhaps you do own it and then people say, yes you are wealthy papers have been signed but it's still a story now everybody agrees with the story but if you derive your identity from that it very quickly leaves you in a state of dissatisfaction, even if you own many towers it's all to do with the movement deriving your sense of who you are from mind movement so you realise certain habitual thoughts, ok when you are no longer identified the thoughts gradually lose their power over you and then you stop telling yourself who you think you are because you realise this story, yes you don't need to forget your past but that is not who I am, so the retelling of things from your past in order to keep up your identity doesn't happen then anymore and more and more as the disidentification happens between, now what actually is happening here when we say you begin to disidentify from thought ok first the thought came in and said, I am such and such a person, I'm the greatest or I'm no good doesn't matter which I'm no good at anything or I'm better than anybody else makes no difference what you think there and then suddenly you realise that as a thought, a thought, a comparative thought you compare yourself when you can see a thought, who are you you're not the thought anymore, you're the presence behind the thought the presence behind the thought is not thinking, it just is aware of the thought, it's like a mirror or a light that shines on the thought so to speak, just words a light that shines on the thought and that is you are now present you are now present and within the presence there may still be certain mind activity but it's not you're not in present in it anymore, it's not overpowering you anymore, it's no longer the self in it, the sense of self is then no longer in the movement of thought which means your entire personal history is not really relevant to the sense of who you are yes, you still remember what

happened in the year so and so such and such, what he said he did, my ex-wife my ex this, he did this did that, but you no longer believe in the story he did, he did to me I'll never forgive him for dreadful things he did to me, that's a story you recognize it as a story and you recognize the addiction behind it because it keeps the ego going and you become something that is deeper than the movement of thought it's not that you become it you realize that has always been there but it was totally one could say covered up or better way of putting it is thought had been absorbing your entire attention into itself, your entire consciousness is always immediately consumed by thinking every thought dominated your mind completely when it came like a voracious animal the mind absorbed your entire consciousness and the mind is extremely voracious and then suddenly the consciousness that you are separates itself from the form of thinking now every thought is like a little entity every thought that arises is an energy form and so you were completely identified with the arising forms of thinking identified in with form even a car that people, many people identified with their car or their home or their job or their position in society, these are physical forms every physical form has an equivalent in the mind as a mind form it's not so much the external car besides we don't even know if there is such a thing as an external car, all we know is what's in the mind so this could all be a dream but that's fine, it is a kind of dream you disidentify from form so before your entire sense of self was trapped in one form or another always to do with thought form ultimately because even the car becomes a thought form this is my Rolls Royce or whatever my position my knowledge consisting of lots of accumulated thought forms this is my knowledge my this, my that and then something separates and there is just a sense of pure presence and this is the access point this is the present moment into that state of consciousness and the present moment is also the exit point out of the dysfunctional state of consciousness which lives and thrives on time and of course identification with thinking so the present moment is the way out of the egoic pseudo self and it is the way into that dimension where you recognize yourself as simply a timeless presence and the ability then arises in you to be conscious without having to think all the time you can look at something and be the conscious presence the spacious this is another very helpful word as a pointer you become the space for the perception for example, here the room you are perceiving through sense perception the voice of the speaker the colors the stage, the periphery of your conscious attention the room, the totality of the room, you feel your body on the chair this is all what is being perceived at this moment and it does not need to be judged or interpreted it just is as it is and you are the space for it you are the space for whatever is at this moment, internally or externally for whatever arises you are the consciousness the space for that you are the light, another way of putting it you are the light in which these things arise but you don't have a form, this is why we call it space so in essence your identity, your true then this is where your sense of everybody has a sense of a deep sense of I is somewhere, there is an identity somewhere where you feel there is something very precious in here, somewhere and you can feel that now with people who are identified with the mind this precious beingness, let's put it like that, this

precious feeling of simple aliveness of beingness gets mixed up in form, it gets mixed up with a story, this is the story of me, and then the beingness in one way of putting it gets diluted because it flows into every thought form, there is a self in every thought and then you can only perceive yourself through a form you think this is me, this is me this story is me, this opinion I have of myself is me what other people tell me about myself is me, other people's opinion of me is me there is always identification with form and if you the separation happens here of form and something that is deeper than form and that is the essence of who you are in its pure I am-ness its pure beingness, where you can no longer say I am this I am that where you immediately sense as you sit here it sense the presence that is the essence of who you are yes, a personal history still exists within that space, but you are not that, you are the space, you are the presence you are the consciousness that is timeless and formless and whenever the mind subsides and there is a suddenly there is a space and you haven't gone to sleep you are awake there is an alertness in that space there is a stillness stillness is inseparable from that stillness is to be alert to be awake but not thinking so you encounter increasingly in the dimension of inner space so we have the two dimensions you can see the two dimensions of the world when you look into space at night when the sky is clear well there are probably too many lights in the city here, you have to go out of the city to see the stars when it's clear, what do you see? you see basically when you look up into the night sky, you see stars and space that's basically what you see in other words you see things and no thingness all things existing in the space the vastness of no thingness of the space itself, I'm using that analogy to describe a reality within yourself now, most humans in their normal dysfunctional state have forgotten no longer know the dimension within them that is formless they don't know themselves as the underlying presence they only know themselves as the form the continuously changing form and therefore the form that never satisfies for long the form that always leads to unease of not enough it fluctuates, all the forms continuously thoughts, objects all forms continuously change so when your entire sense of who you are is bound up with form your life is not satisfying, it cannot be it's frustrating there's always some fear there's hope, there's fear there's dissatisfaction there's unhappiness, frustration anxiety there's something missing yes, but what's missing you can never find it where you're looking for it because when you look for what's missing in the future you're looking to some form that you want to find and say, ah, this is what was missing, so this is the object consciousness which is the thinking mind the object consciousness looks for objects so people's minds are full of stuff things, thoughts, forms so they look for the one form that is finally going to make me happy, and they look for it as if you could look at it like this and find it, where is it where is it in the next moment, it's not here so it must be in the next moment so the not realizing that all along what you really had been looking for that deep sense of rootedness of being one with life of deep inner peace but aliveness at the same time not peace that has gone to sleep the peace that you have when you drink a few whiskeys and the mind starts to slow down because it's not clear anymore and of course even that is a little bit of a relief from the torture the daily torture of your normal mind and you feel a little bit that's why

people drink because it makes them feel a little better because you can't think that much anymore but you're moving towards sleep or unconsciousness you're moving towards yes, you will drop off your chair and then you will be at peace, but totally unconscious we're moving in the other direction we're going beyond thinking you're not falling below thinking we're rising above thinking where there is the same connectedness with being that this is what everything natural lives in that natural state of connectedness with being because nothing in nature on our planet inhabits a world of problems only humans nature is aligned with life it lives and then it surrenders its form and it doesn't make a problem out of it, it lives beautifully and then it dies beautifully or surrendered it is surrendered to life so even your dog, if you're not awakening yet your dog will be more closely connected with being than you, because the dog is still in the natural state and that you can easily see that because you have problems and your dog doesn't and while your happy moments are rare, your dog celebrates life continuously you just watch the tail some dogs you just look at them just a little look is enough and their tail goes life is good, life is good and they are not telling themselves a story why life is good it's a direct realization now this is a natural state we lost that so we can't go back to the natural state, we go when we regain the lost state of connectedness with being we enter what word shall we use if it's not the natural state it's the transcendent state for humans they transcend the madness they transcend the identification with form they transcend the egoic consciousness and then you meet your dog in the same place but you've gone deeper because you lost it and found it again but you meet the dog in being and you not only meet the dog you meet everything and everyone from that place of formless presence where anything your mind can tell you about yourself is really not very important anymore and anything your mind can tell you about another person although it still will occasionally tell you things is not that important anymore there is something that is deeper more fundamental infinitely more alive than the movement of thinking which is fine for all practical things no problem but beyond that it's insane so use the mind for all practical things it's wonderful you cannot find yourself through it and you cannot recognize another human being through it you can only recognize yourself and the so called other when you are rooted in the formless dimension as knowing yourself as the simple presence or space for what is what is always whatever form this moment takes and this moment always appears in front of you and it assumes a certain form a room with people in it and then you walk away and suddenly this moment assumes a different form a street with cars and you are here you are the space for this there you are the space for that and it's continuously the present moment only what appears in it changes so if it is continuously the present moment what does that mean?

it means in its depths the present moment is one with the space that is consciousness itself and that is who you are beyond time beyond form not that you don't have a body anymore or a memory that still exists but something much more vital is now recognized in your life and then what the ego in its madness has been looking for for years and years or lifetimes if you like has been looking for has been hiding all along there where

the ego was never looking and it's called the present moment what an irony what an irony it's been here all along but I didn't know it that's why I use the analogy somewhere of a beggar sitting on a box saying can you spare a dime, spare a dime and then until one man says have a look what's in this box you are sitting on oh it's full of gold but you never looked here you always looked there little scraps I need this now I feel more fulfilled now I know who I am because I bought this shirt because they told me if you want to be an individualist buy this shirt then a million people run to the shop buy the shirt and then they put it on now I know who I am but it doesn't last for very long it lasts for half an hour and then you need something else to tell you who you are in some form of other so to have continuous access to that dimension where you are yourself that which is the fullness of life as Jesus called it I want you to have life and I want you to have abundant life is one translation of what he said or he said I want you to have life and I want you to have the fullness of it fullness does not mean lots of things you can have lots of things or not many things, it's irrelevant I'm not saying get rid of your things if you want lots of things it's fine if you look for yourself in the lots of things it's frustrating and it's suffering the fullness of life is already here for everything else you need time for everything else and that's not a problem for everything else you need time but for being yourself for encountering life beyond form you don't need time in fact time is the one obstacle it is here and now and to have continuous access to it you need to come to a relationship with the present moment that is friendly and the ego of course can't do that you need to see that this is all there ever is so I might as well make friends with the present moment because there's never anything else so if you're not friendly with the present moment in whatever form that means you are hostile towards life because life is always now if your basic state of consciousness is hostility towards now or reducing the now to a means to an end this moment is only important because it enables me to get to the next moment what do you do then if this is normal the present moment at best is a stepping stone that enables you to get to the next moment that's how the mind works what do you do then with human beings because a human being can only come to you in the present moment you will reduce everyone also to a means to an end and this is how the ego relates to other humans it reduces other humans to means to an end it wants to use them for its purposes and so relationships are dysfunctional because one ego wants to use the other ego it's dysfunctional can you embrace the now the now no matter what form it takes and say well I might as well be friendly with this because this is all there ever is, it's called life at the moment you say ok this moment is life even if I go out and get drenched in the rain if it rains and I can't find a taxi and then somebody something else happens, but it's life this moment is life in form and if you accept that, you're aligned internally, you're not saying I don't agree with this moment as it is it really should not be like this at all, if I were in control this moment would be different so completely out of alignment is the ego with now you enter into alignment with now, you say this is as it is and then immediately something opens up that is deeper than the form of this moment and that's the inner space, by accepting the form of this moment you become what you already were before, what you already are

timelessly, the space for this moment, so then the dimension of space opens up and you feel there's something here that is actually not affected by whatever happens to be happening here or even here in the head as thought, or in the body as an emotion, there is something vaster, far deeper than anything that could happen in the world of form but you can only live permanently in touch with that if you don't make the world of form into some kind of enemy, obstacle or reduce it to something undesirable so you have to become friendly with the world of form in the present moment to have access to that which is beyond form and there is that is who you are beyond your personal history the eternal presence the eternal timeless space for the world and then you can for the first time really enjoy the world you can walk around New York and see wow, look at all that movement people running around cars, and you're not you're just looking, you're the space for it and everything is astonishing you just look like a little child because you're not interpreting, you just enjoy the movement of form because you're connecting with something deeper than form and then you are at peace, whereas everybody else is running around and you say wow, this is good life is good and action can arise out of that also if action is needed it comes out of that vaster, unconditioned space because that space is also through intelligence the mind is a tiny aspect of the vast intelligence that is really formless non-conceptual intelligence nothing to do with what you acquired in the past that's where wisdom arises that's where realization arises that's where insights arise in out of that space the space of yourself the space of now and that's the secret of human life and that's the liberation from being trapped in the world being trapped in your mind being trapped in time which doesn't mean the world and your mind and the time won't go on they have their place too and yet you are beyond and you can participate and be beyond and participate if you don't want to participate it's fine too, you can sit under a tree but I would recommend that you go to India for that because then people will feed you because you immediately become a holy man or woman here they will take you away so continue to participate in life thank you welcome it seems that we are going to be here together for three hours except for those who leave early it seems a long time when the only subject matter of our gathering is the now and the only real topic that we speak about is the now and if you are not fully in the now as you sit here the three hours may seem a long time if you are not fully in the now as you sit here which is the normal state the normal state is not to be in the now you are already becoming impatient at this moment ultimately what that means is not that you cannot stand the speaker because he is not interesting enough but you can't really stand being with yourself for that long but this gathering the purpose of it is to help you in your ability to be present so if you are not yet fully present now and thinking about tonight's dinner or that you would rather be somewhere else or about something that happened this morning or twenty years ago that's okay I'm inviting you to be here, present at this moment as if there were no past and future just pretend for one moment that there is no past and future if the past is here the future is here you go and don't move away with your attention your conscious attention from this moment and whatever appears in this moment sense perceptions the room visual sense perceptions seeing auditory hearing

the voice background noises feeling perception the body on the chair breathing and perhaps even the inner aliveness that is in your body the cells are alive you may be able to feel that in a very subtle way this is what appears in this moment and to know it you don't need to label it just look at it let it be allow this moment to be as it is and if there is impatience with what we are doing which is the mind saying give me something to think about and it's not getting very much to think about if there is impatience allow that to be, observe it there it is that movement in this moment so in addition to those things that make up this moment outer and inner is there anything else that perhaps we may have overlooked overlooked yes there is a presence in which those perceptions appear are perceived that is you a field of aware presence the field of attention there is enormous energy in that field and if you could sense that in the background of your life always but it is not a requirement the requirement now is just this moment because it is always only this moment and if you could sense in the background the presence that you are you are putting this whole puzzle together the floating atoms and molecules become a world but they wouldn't become a world without you the conscious presence that you are so you are the light that illuminates the world that makes it possible so to sense to be able to sense in the background of your life which is always this moment to be able to sense in the background of the now your own presence and you cannot grasp it because it has no form it is formless and then it may start with feeling the aliveness in the inner body that's part of the presence that you are a field of awareness and then there is the world there is the outer world and there is the inner world of thoughts, occasional thoughts of feelings, emotions physical sensations and then when you go about your life there are experiences things happen all the time good, bad continuous flux of things happening and this is why people say there are so many moments in every day that's not true there is only ever this moment but it takes on form that changes the form that it takes changes continuously nothing lasts for long every form that this moment takes is fleeting this morning is gone already you were having breakfast where is that moment? gone you walking through the door here, that's gone your whole childhood distant memory and even our gathering seems very real at the moment and yet very shortly it will be dissolved then there remains a memory except for one thing there is something deeper here we are here to touch a deeper dimension that does not come and go in yourself and that deeper dimension is inseparable from the present moment it is one with the present moment so in essence one could say although it sounds a little strange that you are the present moment you are the now the field of now the space of now and you can sense that as your own presence as you sit here allowing this moment to be as it is and feeling that which cannot really even be named or grasped in the background of your life your consciousness you could call it and that's just another word again a little pointer knowing yourself as that is an intense aliveness in you when you touch that and you thought perhaps that all that you wear or all that you are is confined to your personal history what a dreadful limitation of the depths of who you are to believe that who you are can be defined through your personal history those that little story of me the unfulfilling and unfulfilled story of me hoping that one day it will fulfill itself and I will

find the completion of myself the fullness of myself that I'm looking for in the future hoping to get what I think I need to add to myself to make myself full complete, alive fully alive missing continuously the aliveness that is already in you it's almost a joke how humans live how they look for something where it can never be found how they look for themselves the fullness of who they are the completion of their sense of self how they look for that in the future in some next moment and how compulsively they are driven to seek always the next moment and how compulsively they ignore and even actively resist this moment that is the door that's always open not realizing that future has no reality except as a thought in your head that it can never come that it can never fulfill you you can never find yourself in it because it's only a mental concept when it comes the future is the now and then again there's the next moment where I'm hoping to get to now this is not the normal way to live most humans live predominantly for the next moment or the one after that and that compulsion is deep seated the denial of the now which ultimately is the denial of life itself and the denial of your own reality is deep seated in every human being because inherited collective conditioning and it can reappear at any moment even while you're sitting here it can reappear and if you looked at somebody at that moment of transition from being present to being lost in future which is lost in thought then you would notice an absence replacing the presence and you can see it in people's eyes and in their expression it goes like this presence is beautiful alive and then a thought comes in and it draws attention consciousness to itself it sucks up consciousness and then you notice the aliveness and the power that you could see in the eyes consciousness is disappearing and it goes you're gone now most people are gone all the time they go through their entire life with perhaps a few rare moments of presence they go through their entire life being absent from the present moment, the only thing there ever is and of course also that implies being absent from themselves and who are they? who is taking the place of the beautiful alive powerful being that potentially they are who is pretending to be you a little mind made entity called me and my story the story that has not fulfilled itself yet but is hoping to fulfill itself at some point in the future that's why I'm always looking there and when you're looking to future you are immersed in your mind the noise machine in the head is acting so one could almost say that almost everybody is possessed not in a spooky way but one could almost say everybody is possessed by their mind which is the continuous movement of thought out of which has crystallized a thought made entity that consists of all kinds of identifications my past things that happened to me my possessions my this my that or it could also be in part a collective sense of identity equally thought made that is even more restless and unhappy and destructive ultimately than the personal egoic identity the us the tribe the nation our little group our race our political party or position so most humans go through life mistaking the mind made entity that lives for the next moment because it's never fulfilled in this moment and the past wasn't all that great either it wasn't supposed to happen so many things in the story of me were not supposed to happen and usually this moment most of the time isn't the greatest place either, it's not supposed to happen either, I want something else but not this I want that not this but

unfortunately this cannot be denied because it is it is something you can't really argue with and if you do, you're insane the form that this moment takes is already as it is but for most humans, there is the gap between I want and what is they are not aligned so humans are continuously out of alignment with the suchness the isness of now internally out of alignment an unpleasant place to be especially if you are there for most of your life now in nature nature is so beautiful because things are aligned with now plant life animals, they are just present of course every form has its own limitations animals too have their limitations and in some ways greater limitations than humans and yet compared to most humans the whole world of nature looks very sane whereas the human world looks to a large extent quite insane which means mad so to be out of alignment with the isness of this moment is the normal state of the mind made egoic self how do we become free of that?

the first the most important step is being taken already at this moment which is to see this if you see that you are out of alignment or have been out of alignment with now something arises in you that which makes that seeing possible is not part of the egoic structure it's presence it's only through being present that you can see the conditioned patterns in your own life and only by remaining present and continuing to look can you avoid making the seeing of these conditioned patterns in yourself into a personal problem that you need to solve at some point in the future the fallacy on the spiritual path of hoping striving to achieve an imagined state of consciousness in the future yes, but I'm not there now, so what else can I look for except in the future who is speaking? the mind the ego telling you the only way you can get there is in the future, that's the only place where you can find yourself now am I asking you to forget your personal past? no there's no need to forget your personal past or to forget what you have learned, your personal history but if that gives you your sense of identity that limits your life enormously so remember your personal history, of course it's fine but don't look to it for yourself a sense of self that can only come out of the aliveness of this moment present now you need to bring present moment awareness into your everyday life otherwise you walk out of here yes, you will have received an enormous boost of presence in this collective energy field most of you except those few who are totally close to it and are sitting there at this moment thinking what the hell is he talking about as you sit here most of you are absorbing as part of the collective field which can be quite powerful when people together enter the state of presence it intensifies it so it can be very helpful and yet as you walk away from here the momentum of the conditioning the old conditioning in your mind will attempt to reassert itself quickly at the latest it will come when the first little challenge comes into your life where the present moment isn't as it should be there's a traffic jam or something falls or somebody says something that they shouldn't have said and you feel you have reason to complain again what are you complaining about? well somebody did something of the situation that should you're complaining about the now which the egoic entity loves to do because it strengthens itself through every little internal you don't have to complain out loud it's enough to

complain in your head which for some people is 80% of their mind activity and they go through life unconsciously looking for the next thing to complain about let's hope they don't find you because they find you very soon they will find something in you to complain about and to feel personally offended and in that the ego in it's imaginary sense of self feels stronger for a moment like a little balloon the complaining entity gets a little bigger and you feel I'm more fully myself now because I'm complaining about something and again it's unconscious and another unconscious aspect of this is that for that moment the ego feels superior to the person or the situation that it is complaining about that's another fantasy of course an imagined superiority because when you can complain about a situation or a person what he said and what he did and what they did and shouldn't have done and whatever it could even be the weather why don't the government do something about the weather it's a little exaggeration but it's almost like that some people continuously have arguments with God this isn't right how can you do such and some people angrily deny the existence of God because surely this moment would be different if I were in charge so there is an imagined superiority when you complain about something because you feel superior to what you complain about you're morally superior now and you're very right and somebody else is wrong oh that's great that makes me feel much bigger says the ego the ego loves to be right now to be right unfortunately somebody else has to be wrong so as you walk away from here you may notice habitual reactions coming back habitual thought patterns and reactive patterns and you may then suddenly you lose the now just as I demonstrated before you go from alive to half dead when you meet a person like that you know they are not really there they are in their thoughts but in most of you there is enough presence to notice very quickly when an old pattern conditioned pattern comes back a reaction, a reactive pattern comes back and after a short while you see it for what it is so you are no longer totally in it, the moment you notice, you see you are aware of an old pattern in you, you are no longer trapped in it the awareness frees you from it you become present again and you have a choice then you choose to be in this moment instead of complaining about the traffic jam or whatever the situation is or the the bad food that you are given in the restaurant am I saying that whatever happens to you, you are to say yes to only internally not necessarily externally why should you accept a fish that's gone off, if you are ordering fish it doesn't smell good anymore and it costs 20 euros on the menu so some people misunderstand this teaching and think okay I have to say yes to this moment and eat this but that is not the case an inner yes that means you are internally not complaining about the situation, you are accepting that yes, this fish is not really fit to eat you can't eat it anymore that's the reality and then you tell the waiter can you take this back please it doesn't smell good bring me some fresh fish if you have some that's not complaining that's rectifying the situation but you are not personalizing it you are not using the situation to blow yourself up as the ego how dare you serve me this me to me and that usually produces a corresponding egoic reaction in the other person and the waiter says what do you mean, nobody else has complained about the fish that we serve here and that one typical human situation so very well it is possible that quite

often the situation may require a firm no I am not eating this and yet do you notice a difference between the complaining no that feels personally offended and a clear no this is not what I want please take it back internally there is still an acceptance of the fact that this fish you don't want to eat and you should take it back that's fine so it is as I mentioned briefly in the power of now you may remember it is a high quality no and high quality no's are fine they are often required in life now if you were stranded in some place and there is no food and the only food there is is this fish that doesn't smell good you may have to eat it and then you say somebody gives it to you and nobody else is giving you any food and it is the only food there is in that place then you would there would be the internal and external saying yeah ok I will eat this because there is nothing else to eat that's fine so at times you go along with the situation at other times you may have to say no and yet without the egoic involvement in the no that makes somebody wrong and makes yourself right then life unfolds with much greater ease you are less likely to fuel the unconsciousness in others if you are conscious if you are not there as an egoic entity needing to be bigger so you are less likely and so your state always transmits itself to others whoever you come into contact with your state of consciousness transmits itself to others and the more unconscious they are, the less presence there is in them the more they will react and reflect back to you your state of consciousness in order not to compulsively reflect back to people their state of consciousness there needs to be great alertness and presence in you and so let's reverse the situation in the restaurant you are the waiter and the customer says how dare you serve me this bad fish if you are present this is the isness of this moment an angry customer wanting to be right and wanting you to be wrong and you see that you see it without needing to label it you see there's the human ego and it does what it always does that's all there's not even a person there it's just the human ego operating through this being there's a being underneath but it's asleep there's a beautiful being underneath but it's and the ego is talking and some there are I've met some waiters observed some waiters the way they deal with their customers is beautiful there are some waiters who are like spiritual teachers and they go oh I'll see what I can do I'll certainly I'll take it back to the kitchen and if we have some fresh fish he will bring it to you and then the person that wanted an ego boost from that situation will feel a little uncomfortable because of the lack of reaction it's not getting the desired ego boost and it might make another attempt and add something and say something else I thought this was supposed to be a good restaurant I'm going to write to the papers about this and again the conscious waiter says doesn't reply react I'll see what I can do and then either comes back and says we have no more fish or bring something fresh so you will be confronted continuously in this world with people who want to use you without knowing it to enhance their sense of self and if you then resent that I resent that you want to use me to enhance your sense of self you are personalizing something that looks personal but isn't personal at all because the ego is a collective entity there's nothing personal in it, it is a form of unconsciousness that many humans in their current evolutionary stage manifest that's all nobody there, just a form of unconsciousness so you meet these

people and that doesn't make you superior because the moment you feel superior you have fallen back into some identification with form as the me, the egoic form without knowing it so if you feel spiritually superior you have another ego the ego has assumed another disguise so as you walk away from here you will encounter many situations where the world often in the form of other humans, most of the time will pull you wanting to pull you back to its own level of consciousness wanting you to participate in the game of feeding egos and using others to feed yours and if there's enough presence in you you can actually choose not to participate anymore in that game you can remain clear as people attempt to pull your get some emotional reaction or mental reaction from you oh ok and you need to turn up the light of consciousness when you're confronted with a challenge when everything is going fine it's consciousness you're present, it's good you look at this beautiful tree the sky, feel the underlying presence that you are it's good and then an unconscious human comes knocking at the window of your car that's standing at the traffic light shouting obscenities you idiot you know what you just did no you my, whatever it is it may be totally imaginary he needs an outlet for his emotion that he's been carrying for three or four hours and he's chosen you and at that moment not to be drawn into a reaction at that moment is a critical moment either you will be pulled into his unconsciousness or you will stay present more intensely present than a moment ago when you were looking at the tree so looking at the tree is like this when you're present and when you're confronted with an unconscious human you have to go you have to look almost like a Zen master not quite as fierce and you have to be in touch with your whole body in that situation you can't just be in the head only if you feel the entire energy field of your body, the inner aliveness that will provide the anchor for staying present and you can feel it, it almost tingles sometimes when you're very much in there with your attention and that anchors you in yourself, your true being and prevents you from losing yourself in some egoic reaction emotional, mental reaction, calling the other person an even greater idiot in order to compensate for the ego loss, because to the ego, when somebody calls you something it's like the ego feels injured in its artificial sense of self, as if somebody had come with a hammer and knocked off part of you when somebody calls you, you idiot it feels to the ego as if somebody had come with a hammer and knocked off part of who you are and the unconscious repair mechanism immediately jumps in and will call the other person something else even worse, so that you can repair your diminished ego for example when somebody insults you the ego feels diminished in its sense of self it then automatically reacts and insults back, if possible even worse and that is the automatic ego repair mechanism expressed beautifully by an ancient teacher when he talked about somebody hitting you on one cheek the normal reaction is and it's totally automatic, there's no nobody says, ok, now I'm going to hit you back, no, you go I'm going to be as unconscious as you are that's of course not formulated, because when unconsciousness is recognized as unconsciousness it's no longer unconscious so the compulsion to repair your ego is very strong, the ego immediately jumps into action but the loss the diminishment of the ego that is experienced is actually an illusion, because the entire

egoic structure has no reality so it is also an illusory loss nothing is lost when somebody calls you you incapable fool are you talking to me?

now if ten people within the space of a week in your new job call you incapable there may well be something to look at in your life that is a different matter but more often than not those things are egoic games that people play and so what to the ego feels like a diminishment is not a diminishment at all and you can simply find that out if you allow an apparent diminishment of the ego to be there without reciprocating in any way so that looks like this somebody says you stupid fool and you have to be really present now in your entire body because you are not resisting any kind of resistance or shutting yourself off against the energy of the other person is not the solution it's intense presence you fool and you feel something in you wanting to react you simply allow it because you see the madness of it and that is a very strange thing if you allow what to the ego feels a diminishment just to be there immediately after you may experience a boost of aliveness that comes from underneath the ego so what who you are can suddenly emerge a little bit more and that's almost very strange some people get angry when I talk about these things because oh I should not defend myself in some cases you may have to say certain things in many cases defense is only a reactive mechanism and so this is of course part of the teaching of Jesus also dealt with this to allow the diminishment of the ego and simply be present with it and then you feel there's great power underneath it and there's a stillness in that it is a very still power and that's why Jesus said don't do to people what they do to you don't love your enemies it's a strange way of putting it similar case would be to be wrong in a discussion you have an argument with your partner and suddenly to let go of your mental position that you are clinging to this is how it is and suddenly you let go of the position and are simply present at that moment and you feel much greater aliveness you haven't died when you are wrong or you might even say oh you are right I was completely wrong there you haven't died, you are more alive to the ego being wrong is a kind of death so bringing into everyday life presence what I have said here what I am saying here implies that there is enough presence, power in you so to speak so that you can be there when those things happen you can be there as the witnessing consciousness when the old patterns are happening if you are not there there is nothing you can do no matter how much any teacher can say if you are totally identified there is nothing you can do because you don't even know what you are doing and then there is the pain body that gives an added dimension to the momentum of the ego the pain body as you know is the accumulation of old emotional pain from the past in you all the pain that has not been fully faced and since humans very rarely fully face anything, because that would imply they have to be present in the now there is an accumulation remnants, energetic remnants of past emotional pain suffered especially in your childhood but also afterwards and not only that, that's only the personal aspect of the pain body then it has another aspect and that is the collective aspect of the pain body whatever group of people you live with, the surrounding culture or nation that you live in also will have some influence on how heavy

your pain body is, because for most people, a part of their personal pain body is actually the collective pain body of their country or in some cases their race, if the race has suffered a lot as a race so countries have different degrees of pain body you can feel it as a heaviness when you enter a certain country that's in the air everybody walks around looking heaviness in the collective there is also the pain body of humanity because humanity has suffered so much dreadful pain most of which is self inflicted in other words by humans on other humans that is inherited by every human who comes into this world it's probably in the DNA somewhere, if we could decipher all the information that the DNA carries I'm sure we would find there, oh, there's all the pain in that little segment there this is the human pain so the pain body that humans carry is one could say the shadow of the ego because they have lived through in and through ego for so long that so much pain has accumulated because the ego creates always more pain it lives on separation it loves conflict it loves to oppose it is continuously in a state of fear fearful that the little things that I have identified with are going to be taken away from me and fearful that I may not find all the things that I still need to be fully myself so all that continuous fear creates emotion continuous fear thoughts create fear emotions over thousands of years and the actual physical violence inflicted on humans, whether you believe in reincarnation or not, doesn't matter it is inherited pain to a large extent, plus the personal, enough for your own lifetime, there's nobody you could come into this world without suffering pain and so you live with a pain body which is an aspect of the egoic self, and as you probably know, the pain body for most people is sometimes dormant and sometimes active, when it's dormant it's just in the background or you may not notice it at all and all there is, of course is still the ego doing its playing its games but at times the pain body arises needing to feed on the experience of further pain so it works in conjunction with the egoic mind structures it's the emotional field that lives in you as a little entity I saw a nice, this film there's a character in The Lord of the Rings that to me is a beautiful image of the pain body, a little devious being and that is really an image of the human pain body the emotional entity that lives in you and is cunning and knows exactly when the right time has come to move, to rise into your mind and then the emotion, the old emotion in you is looking out through your eyes and that is another thing I've already demonstrated what happens when presence is obscured by identification with thinking, the lifelessness that comes now a somewhat different thing happens when presence is obscured by an arising pain body something different then comes through the eyes and not only through the eyes it emanates, when it's strong it emanates through every pore of your body and people around you if they have a minimum of a minimum of sensitivity even if you did not utter a word and try to smile they could sense the energy that you are emitting at that moment and it would feel heavy, some psychics may even see it visually as dark, dark force coming out of you but let's just talk about the eyes when the pain body rises then this raw painful emotion that is looking through your eyes out into the world and it's looking for some feedback of pain who can give me more pain sometimes it will inflict pain so that it can experience a dramatic painful situation or it may provoke someone or a situation so that I get an

emotional feedback so it looks and it's cunning it knows the right moment to come up and look through your eyes at the world and occasionally you meet people in the street or in a place and they are looking at you and you know there is an active pain body looking at you and it's better not to interact too much with that person unless you are so present that you can stand and look back into the eyes of that person without feeling corresponding emotion, you look into the emotion, the turmoil of it holding that feeling, sensing your enormity, the power of presence that ultimately you are and that is like probably what Jesus did, who walked around continuously meeting, as it's described in the New Testament every village he went into every town he went into he meets all these people possessed by evil spirits, are there so many people can there be so many people possessed by evil spirits in every town in every village or is that just one way of putting it and he they were his presence was such that he only needed to look and the pain body would shrink so that is possible but if you if there is not enormous presence in you and you are confronted with the pain body it's better to move away move out of the way don't interact too much because very soon a provocation will happen and then the pain the pain bodies are so clever to getting what they want this is the game play between partners most frequently people two people living together feed my pain body is the name of the game and so that if ego were not enough pain body amplifies or magnifies the madness of the ego they work together they are ultimately one you could say pain body is the emotional aspect of ego so humans live with old pain that periodically needs to experience more pain recognizing it in others of course is easier than seeing it in yourself you can probably see it in your wife or your husband when it happens now that's already great because then you don't mistake the pain body for who that person is periodically most people who live together as couples will go through their pain body episodes and usually you know it is pain body when a relatively insignificant thing that one partner says or does provokes an enormous reaction in the other person that means the pain body is using it as an excuse for coming up and once it's taken you over it wants more, it doesn't want an end to the pain it doesn't want peace it wants more until it has fulfilled itself for a while taken on enough new energy through the feedback of others or if you are a hermit or live alone the pain body then will have to look to your thoughts to feed on in that case when the pain body awakens suddenly your thinking will turn very negative every thought will say something negative about yourself or about the world or about other people or about the place where you live anything but it's all negative it's all dreadful, my life is dreadful people are all dreadful or it may focus on one person that once was in your life and that spoiled the rest, just knowing that person spoiled the rest of your life my ex-wife my ex-husband, whoever it may be my mother, my father what they did to me and I'm not saying that humans do not do dreadful things to other humans yes, they do but is the emotional residue left by something dreadful that somebody did to you once and the memory left by something dreadful that someone once did to you is that going to determine who you feel and think you are is that becoming the foundation for your identity for sense of self do you want to give so much power to an unconscious person that years ago was in your life of

unconsciousness and make the memory of pain and the feeling of emotional pain into part of who you are how dreadful and yet many humans are so identified with the emotional pain they feel that it's they don't want to let go they feel this is who they are, they talk about they may even say I'm a survivor of this or that it's wonderful that you survived this dreadful thing that happened to you in your childhood it's wonderful but to make an identity for yourself out of that limits you enormously what a dreadful limitation for the rest of your life you are a survivor of physical abuse it's you make yourself very small and you say this is my identity and then the resentment or the grievance remains as a thought form in your head that needs to be revived periodically, you need to think about what somebody once did to you and then you feel the corresponding old emotion and so people then become so identified with certain thought forms old thought forms the thought form has self in it, I am that that thought, I am the grievance, I am the resentment the resentment is an essential part then of the ego so some egos consist they don't consist of many different things that you identify with there are some egos that consist 80% of one chunk of memory or emotion one huge grievance that has taken hold of your mind and wants to stay there for the rest of your life, so we all meet people like that and again it's if you see it in yourself it may not some of you may have a little bit of that also, I am just describing the more extreme forms that are also quite common and if this should be the case for some of you you may notice somebody is getting angry at hearing this because the identity is being threatened who is angry? you or the egoic identity that feels threatened and if you can bring awareness to that you can see it and become the one who sees and feels the emotion in you so that the emotion itself is not denied or repressed but it is becoming depersonalized you are no longer deriving your sense of self from it the pain body, when you notice it in yourself that emotional pain it is very important as you feel it to be very alert and to sense not only the pain but also the one who is feeling it the looking at it the awareness through which you can feel the pain body the power of attention that is there the light that is shining on the pain in you so if you wake up in the middle of the night in emotional turmoil the emotion will want to survive in you as long as possible and use your brain to renew itself through your thinking, every thought is an energy field that can feed the emotion the old emotion and then the mind becomes hyperactive and you don't know that you are feeding through your thinking the negative thoughts feeding the old emotion and people can be stuck in that for a long time so if that happens, you wake up at night, emotional turmoil be there in the body, start by feeling your hands or arms the inner aliveness use that as an anchor for presence and continue to feel the turmoil that you feel perhaps in your chest area or belly area and watch feel it and feel also the power of attention that is the light shining on it you don't need to think thoughts about it it's unnecessary, you can just look in the same way, you can just look at a fruit or an apple you hold it there and you look and you can also look internally and feel what you feel and realize that you are the light that's shining on it, on this little movement of energy it doesn't like the light shining on it which means it doesn't like to be made conscious because it lives only as long as you are unconscious of it, only if it can pretend to be you, can it continue to revive to renew itself

through you so that's beautiful practice and then the pain body is no longer renewing itself and all it has then is its old momentum and every time it comes up and is recognized it loses some of its energy charge and that energy charge in the pain body is not lost really it becomes transmuted because it was trapped energy that couldn't get out held in and then it becomes transmuted the image that I would use to compare to is like a block of ice that little sun shines on it and then it becomes freed so as the energy that was trapped in the emotional pain body is freed through simply watching it then there's much greater energy in you that provides a sense of aliveness grows in you because the aliveness was trapped in here in a low frequency vibration and then it's freed and it goes

[Speaker 4] (5:22:26 - 5:22:32)

and so

[Speaker 1] (5:22:32 - 5:56:05)

it is often people with heavy pain bodies that suddenly make the fastest progress on the spiritual path because it's too painful pain is an enormous incentive for becoming conscious until you have the direct means of becoming conscious in the absence of any spiritual teaching or teacher, pain is great life does that life gives you pain it's part of living as a form identity so pain pushes you everyone here, nobody here would be here if they hadn't had the pain that they did have and certainly I wouldn't be here if I hadn't had a heavy pain body so heavy that I couldn't live with it anymore and something had to give and then you realize you reach a critical point where pain ceases to be your spiritual teacher but it's brought you to this point, that's great it's worked, it worked no matter what pain you suffered you're here now you're not watching TV or whatever playing video games so it's brought you here I'm enormously grateful for the pain, my pain because the inner transformation would never have happened if I'd had a comfortable pain body that I could live with, it would just mean every two weeks I get a mood or I throw something at my wife or whatever but not so bad and then after a few hours I get out of it again but a pain body that wakes you up every night and you're actually shaking in agony of fear a pain body that makes the whole world appear like a that almost as Jean Paul Sartre once described in a book nausea, the whole world gives you nausea, makes you feel sick that's hard to live with and so life always gives you exactly what you need you've had the right all the pain that you needed you have had to bring you here some needed a lot of pain to get here others may only have needed a little that's fine and then comes a point where you realize I'm done with pain, I don't need it anymore, now when that realisation comes, you no longer create pain for yourself and how do you do that? Simply by becoming externally aligned with this moment because it's only that which really creates pain and what happens to your pain body then when you say I'm done with pain that will still come up occasionally because it has old momentum, it's old momentum is still there, it goes vroom, vroom but then a bit

more slowly vroom vroom vroom it's gone the less you personalize the pain that you feel and associate it with this mental story that's in your head the more you're able to allow it to be there and watch it, the more quickly it becomes transmuted and it becomes fuel for your consciousness the pain becomes fuel for awakening so that may be the reason why there is so much pain, but don't tell anybody because not everybody is ready to hear this and if pain is still if new pain comes into your life in some form as physical pain or enormous loss suddenly in your life, you lose someone close to you your job and your home all within the space of three months, and I know people to whom this has happened she left me, I lost my house, they sacked me from my job and the stock market has collapsed and then I crashed my car and then the doctor says there's something wrong with the body life may do this, it does that to some people what then? if that should happen to you and you can bring uncompromising surrender to what is to it and stick to this moment only, because if you leave this moment, you'll be very unhappy, especially if everything around you has collapsed stick to just what is there at this moment just this, and the rest is surrender to what is it is as it is always then the enormous loss will become transmuted very quickly the more you surrender which is bring inner acceptance to something that is anyway as it is the more quickly the seemingly negative in your life will become transmuted not only will it become transmuted in you it will become, it will provide the fuel for consciousness in you strangely enough it also becomes transmuted on an external level where once you surrender situations very quickly change and the more you are aligned with what is and that alignment needs to be uncompromising when what is looks dreadful on the surface, collapse great loss and so on illness the doctor saying you only have a few more months to live and I personally know people who have gone through a deep, one incredible awakening you can almost see they are shining like a sun and they may die in a few months they know life has taken away time from them no more future which really is the greatest thing that can happen to you because time is the ultimate illusion that you have more future to find yourself in you don't find yourself there anyway so if life takes away future from you all that's left of course you could take refuge in the past and start thinking about but really all that's left is this and surrender to this and for some people what could have been the most dreadful thing that could happen to a human being through uncompromising surrender has become the awakening and the flowering of the entire being so if you encounter great suffering, external things going wrong in your life it's a it is truly a great opportunity for transmutation a very great opportunity and in the absence of that you will have to make do with all the little things that continuously happen in your life the unconscious humans you meet the egoic entities the little egos that meet every day wanting this and wanting that and the pain bodies wanting something from you you have to work with that bring the yes to that let's take a little break now and move the physical vehicle without losing presence and return when the clock hand indicates number four in the present moment we're all back well most of us are back and reentering in case we lost it temporarily the present moment of course you can't lose it you can be lost to it but you can't lose it because it's all there is but it

becomes obscured the bell is the awakening into now and the bell for you can be any form of suffering that arises in your life little or small let it push you back into presence some forms of suffering don't look like suffering on the surface anger while the ego is angry it loves the anger it doesn't look like suffering at all but if you could examine what happens to the body the physical body while that is happening you would see that it affects many functions of the body the body suffers when there's anger but the ego loves it as you know to say don't be angry anymore that doesn't work but to recognize anger as an egoic reaction and to watch it when it happens that brings consciousness to it feel the energy of it we may have some questions one or two questions somebody just gave me written question I'm a woman, a widow and I had a very fulfilling love relation to a married man during eight and a half years who was very lonely and unhappy with his wife the only wish he had was to live with me but he felt too much responsible for the care of his wife as he could not find his way in this situation he killed himself five weeks ago how can I find peace in the moment of now and get power from the moment of now it takes a long time to leave the emotions it seems that you loved this man what you loved was not the flesh and bones that are no more or are in the process of decay now when there is true love there is always the unseen that which loves in you that which you love is a recognition of yourself in the other and the other in yourself recognition of oneness the flesh and bones and also the story that in many cases is a tragic one in many people's lives neither the flesh and bones nor the story of our life situation is destined to survive and most stories don't ever really work themselves out it seems when somebody dies too soon or in the middle of a seemingly unfinished situation or when a child dies or somebody dies through an act of violence by the hands of someone else or by his or her own hands through suicide it makes it a little harder to accept for those left behind but the human form is very fragile there is no guarantee that any one of us in as this physical form is going to make it even to the rest of this day the end of this day when you love someone not the egoic sense of love that always wants something that always wants to use the other but when there is true love I recommend if there is someone in your life that you love that sometimes you look at that person or if that person is not with you, you look at a photo of that person and feel the love arising and when you feel it fully close your eyes and let go of the image of the form of the other person and only feel that love inseparable from your being and then the other not in form is also present there because that which you feel is that which is the underlying oneness between what seems like different human beings, millions of human beings most of us can only recognize the underlying oneness in a few one or two individuals in their lives with increasing consciousness comes the ability which is beautiful to recognize the underlying oneness in every human being that you meet and that recognition is love and it has ultimately nothing to do with the form of that person the physical form of that person or the external life situation the story the often unhappy story that a person is trapped in it goes beyond that the forms are already always destined to dissolve so there is a reality there that is timeless in every human being a timeless essence that is formless and timeless love is the recognition of that essence in the other through your

own if you can love at all there must be even though you may still have an ego the ego, it must mean there is an opening in the egoic structure through which reality can shine and it's only through that opening in the egoic structures true love can appear so if you love that being feel that love in yourself and feel the presence of the other ultimately not separate from who you are so shortly after the sudden death of a human being it is inevitable that some sadness will come in waves and that is simply something to be acknowledged and accepted when the sadness comes and after somebody has died in the weeks after that days, weeks, sometimes months, you feel waves of sadness coming and then leaving you again and then coming back and when that happens surrender to the sadness that you feel and if you have to weep allow yourself to weep focus even attention on what you feel and surrender it completely surrender to that when you surrender to sadness, accept that it's there don't feel I shouldn't be sad or this shouldn't have happened surrender means there is no arguing with this moment and this deep sadness sadness you may find when there is true surrender to sadness that there is peace underneath it one could almost say you see the other side of sadness as peace it turns around and you can be weeping and feel inner peace at the same time the weeping is to do with the form that has dissolved and when the acceptance of that is there, the inner peace is to do with the recognition that life that is the essence of each human being does not die events happen that seem meaningless you do not understand why this should have happened especially when someone commits suicide or dies violently or prematurely or a child dies it doesn't make sense and there are events that we cannot figure out through the mind why they took place but everything that happens strangely has its place within the totality of things no event is separate from the totality and even seemingly senseless events have their place within the totality of things everything is connected and once you can accept that you don't try to find some explanation work out in your mind to make you feel better work something out and this is not what I want to give you here work out some explanation in the mind that gives you some consolation it needs to be something real and the answer is in the love that you felt and if you don't mistake the love for the form of the person can still feel now that is real and now that this is springtime look at the flowers the blossoms and feel that that too is an expression of love and then close your eyes because those flowers and blossoms are not going to stay around for that long either all human beings are expressions of the one the one life the one consciousness assuming temporarily a physical form and then perhaps a little longer another form that is non-physical or if you believe I don't want to put any idea in your head, it is irrelevant whether you even believe in reincarnation or not but just to see that there is more to me than the flesh and bones there is more to you than the flesh and bones that seems clear you can find your loved one in every flower that you look at one more question on a piece of paper and then there may be some questions that some people may want to ask do you accept people as disciples? well you may know the beautiful eastern saying, I don't remember whether it is from Sufism or some other eastern tradition the teacher and the taught together produce the teaching the words that are being spoken here could not be

spoken if you were not sitting there this event is one event one phenomenon that arises I do not see myself as a teacher it is not an identity simply a temporary function it looks as if this form were a teacher it is not quite right depending on how you want to use words from a more superficial level you could say anybody who reads the power of now is a disciple but that is a conceptual thing that would not be very helpful at the moment the teaching happens in this way there are no disciples as such and it is spreading to many thousands of people what form the teaching will take at any time, I don't know everything is continuously changing I don't know if ever the form changes and I work with just a few people for a certain period of time I'll let you know at the moment this is the only form that the teaching takes that's all I know if there are any questions before anybody asks questions just a little reminder if possible ask questions that are vital and alive a vital and alive question concerns perhaps yourself or somebody close to you but that is yourself is it something that is that you truly need or want to know a non-vital question is an abstract mental question such as do the people on Mars have pain bodies or your concept of this or that doesn't quite agree with what I read somewhere else so those are questions that are not truly alive the mind likes to play around or be right or say this is in exact contradiction to the ancient scripture so such and such could be if one looks at the surface of things things are full of contradictions if you only look at the form every religion seems to be totally different if you look a little deeper it's all one so please I don't know where the microphones are must be somewhere

[Speaker 3] (5:56:24 - 5:57:26)

hello hello my name is Margaret and I have one situation what I would like to tell last night after your teaching I came home cold, tired, hungry, etc and I fixed it this morning I woke up with this terrible headache which is familiar to me and the name is migraine what I did because I wanted to be here again today what I did was I took a lot of medication which was effective so now I am here but my question is, I ask myself if this is the most effective way that I'm dealing with it and maybe I would like to hear your view on this problem which is happening more often in my life

[Speaker 1] (5:57:26 - 6:16:17)

thank you yes, thank you many recurring forms of pain or illness tend to disappear as you bring more presence into your life there may be a number of reasons why these migraines appear but there could be a pressure of something that is not yet been fully lived there could be pressure of unexpressed emotions it could be some forms of pain are actually physical manifestations of the pain body the pain body can manifest itself also as a physical symptom so the quickest way to heal your body is to bring as much consciousness as possible into the body to give as much attention as possible conscious attention to the body and that is the practice of inner body awareness so you feel the aliveness that is in the body and bringing consciousness in that may also sometimes activate a dormant pain body there are some pain bodies that hardly ever express

themselves and only manifest as physical symptoms and they thrive on your reaction against those physical symptoms that's what they live on because they need some kind of food so as you bring more consciousness into the body you may encounter suddenly certain emotions arising inside you that you didn't know were there the pain body you're shining the light on the hiding pain body that is the case with many people I'm only suggesting that as a possibility there are other reasons why such pains can be there including even a very rapid transmutation of your entire being there was a spiritual teacher called Krishna Murti who for many years suffered extreme pain in the head almost every day to the point of unconsciousness falling unconscious and nobody even he did not know why he never saw a doctor about it, he knew that the doctor in his case would not have the answer but he believed it was a kind of transmutation that was happening to him and he said sometimes they are working on me no matter what the actual cause is, I believe it will either disappear, the condition will disappear or the cause for the condition will reveal itself and then become transmuted as you bring more consciousness into yourself in the meantime you may occasionally need to take some medication pressure of something unexpressed is often the case of migraine headaches but not necessarily it may well be that you never find the answer of where it comes from and yet it may suddenly dissipate in the meantime while the pain is there and not just that pain, any kind of physical pain it is your job to surrender to the fact that right now it's there and I have met people for whom physical pain became a teacher I have met some people who suffered pain for years almost constant physical pain and one or two people I met, they had never heard of any spiritual teaching, they had never read a spiritual book but what happened to them when I met them I saw they were intensely alive and they were still in pain and yet something had happened I recognized the pain that was going on for years eventually drove them into surrender, very hard to surrender to physical pain but it drove them to surrender and it eroded their ego because in surrender the ego dissipates the ego can only exist in the state of non surrender we could even say the ego is the state of non surrender and so some people were driven to surrender by physical pain and few others I met by having a so called incurable condition and some people through surrender became cured quite frequently that happens I read some years ago a book written by a doctor about healing and he found the greatest number of healing happened in those people who were not those people who internally considered the illness as an enemy but who came to an acceptance of their condition a deep acceptance acceptance and that was the state he found through research that it was most likely to lead to a healing that acceptance my father is 86 now and he's a strange person, I love him dearly and one of his characteristics he's always had he's always refused to see a doctor and he's always had aches and pains nothing too acute but quite a few things that were with him for years certain pains ear, head bones and a number of symptoms that would be there with him always and people said you have to see a doctor about this and that was one area of his life where he early on in his life learned to surrender in other areas he still has a big ego but in that area he had this wonderful thought that came to him, he said I live in pacific coexistence with my

illnesses and he said if I attack one of these illnesses a greater one will develop so that was I'm not giving as a recipe for everybody not to see a doctor but bringing awareness into the body is essential in any case that is always absolutely essential if you have a pain when you go home from here if something happens in the next day today or tonight or in the next few days and you experience a pain that you have not had before or rarely have then it could have something to do with being here and an inner change happening I know that some people who have fairly heavy pain bodies and are now very present with their pain bodies that means the pain body tries to come up and not that presence ever pushes the emotional pain down, it never does that presence simply looks at it but when a pain body needs to come up and he finds that you are very present and you immediately detect it it will shrink back, it will go oh and then it will lie in a little corner and wait for a better opportunity and you think it's asleep it's not there at all but it's very much like when a cat is asleep a cat is never really totally asleep and that's an amazing thing if you watch a cat it knows any kind of noise you can make and it will go but the slightest thing, an unusual noise, a little tapping that could be a little animal walking past and suddenly you know oh there's always some something in the cat is always awake there could be a mouse there something in the pain body is always and then it waits for an opportunity and an opportunity for a pain body to arise in a moment of less presence in you could be when you're suddenly for example you're upset in a situation, you're just fed up with the what somebody is doing or the traffic isn't moving and there's a moment of reaction and the pain body will go ah, there's my chance and suddenly the reaction will become magnified and from being an irritation with the traffic will quickly turn into how dreadful my life is anyway what and a huge stream of negative thinking what did it all start with? a little upset about the traffic and the pain body was there waiting another opportunity for pain bodies to watch bad films where violent things happen and of course those films are made by pain bodies the stripped writer it's written through the stripped writer's pain body, the producer has a heavy pain body and the people who pay money to watch these dreadful things are paying money to feed their pain bodies while they watch and they love feeling bad they pay money to feel bad and some almost advertise it, this film will make you feel really bad and all the pain bodies running to the box office thus is the state of our civilization so when you are very present the pain body may want to wait and if there's very little opportunity after a while the pain body almost says this is not, I can't renew myself in this way anymore if the pain body doesn't actually think but it has an intelligence there and then it sometimes happens that it produces physical symptoms in people who before didn't have them usually not serious it's pain here, back pain there, this, that, headache and aches and pains and suddenly there are people sometimes who sit in our intensives and who suddenly experience some extreme physical pain they haven't had before can't sit anymore and can't pay attention anymore I need to get out of here the pain body wants you to get out of here and because there's too much presence here it's the only way it can do that is by creating some physical pain now pain bodies can also create illness and they sometimes do and that is usually in people in whom the pain body does not have a

chance to express itself in their everyday life and those would be people for example who repress their emotions because they conflict with the self image that they have it has happened in the past with Christians some Christians who misunderstood the deeper truth of the Christian teaching which is beautiful but they misunderstood and they try to live up to an image of myself as a good Christian who just does not do certain things a good Christian loves his neighbor he doesn't get mad at his neighbor so I can't allow myself because it would conflict with my self image to be angry with somebody close to me my children, my wife and so I can't afford myself to express these emotions I need to they need to be pushed down because I'm living an image which is an egoic thing to do I'm living this image of myself as a good Christian because that is sin and so then after a few years the pain body is being pushed down and down and finally a serious illness develops the emotion has created the unexpressed emotion has created a serious illness and then that makes me unhappy and then the pain body has something to feed on so it's better to than to repress is to express if you have to but be there while it happens be there as long as it happens see if you can be there as the watcher of what happens be there as the watcher of your pain body when it happens a marvelous thing to do never misunderstand this teaching and try to I can feel something coming on I mustn't have a pain body attack I must remain present and then you notice the body gets tight and will power comes in this is sometimes what you do when westerners meditate meditation of course is surrender to what is there's only the now that's all that meditation is about to show you that this moment is all there is and so that it's all about the surrender and then you can see even eastern people even buddhist monks I'm impressed they say they can sit there for three hours oh what an achievement and there's a boiling kettle there's a lid on a boiling kettle and should the door open while they meditate and the child or the wife comes in leave me alone I'm meditating another question

[Speaker 2] (6:16:22 - 6:16:35)

namaskar my name is Purnima and I want to ask if you can speak a little bit about forgiving forgiveness something I find very difficult in the light of your teachings

[Speaker 1] (6:16:35 - 6:30:49)

yes thank you non forgiveness is there when you mistake human unconsciousness for a person when you make an identity for someone and this is what the mind does when you make an identity for someone out of the movement of human unconsciousness when what somebody did once to you or to someone else or to large numbers of people somebody injured someone inflicted violence on someone showed cruelty perhaps your father, your mother whoever it may be there's a temptation there is the tendency for the mind to make it to make an identity out of that whereas all such actions they look as if somebody there knew what they were doing but all such actions are expressions of human unconsciousness the expressions of the collective ego expressing itself through one so called person and the expressions of the pain body which also is not personal it is

human pain so it's only when you mistake that the expression of human pain as violence or cruelty or the expression of the human ego with its absurd needs to use others to enhance itself to make itself stronger when you mistake what is collective a collective state of humanity you mistake that for an identity then you create a perpetrator somebody who did something and that is a mind made identity for someone and of course then you have it is impossible to forgive when you believe that there is actually an identity behind what was being done that there is someone there whose identity it is to be responsible for that now the question arises so what does that mean? is nobody responsible for what they do?

this can't be right is no human being responsible for what they do for the evil that we see in the world the cruelty ultimately no and yet all human beings suffer the consequences of their unconsciousness whoever manifests unconscious behavior will experience further unconsciousness from others this is called karma so you suffer the consequences and in the process of that pain arises, you inflict pain and you suffer pain that's what all humans alive what humanity as life has been doing inflicting pain, receiving pain in varying degrees and in that process that looks pretty mad out of that occasionally here and there somebody woke up out of that cycle and recognized the fact that when such things are being done ultimately there's nobody there doing it it's unconsciousness when you see that compassion arises compassion even with the one who became the instrument of unconsciousness compassion with yourself because the equivalent of non-forgiveness towards another is to harbor feelings of guilt in yourself and both are very strong in the egoic mind if you cannot forgive yourself that is very similar of course to not being able to forgive another you are making an identity for yourself out of something that you did because you didn't know any better which is a colloquial way of saying you were not conscious enough to know better so there are some people who there are parents now who think back and say I made dreadful mistakes when I brought up my children I'm guilty of that you didn't know what you were doing you acted according to your conditioning you acted out your conditioning and this is what people do in the same family for generations and generations one generation after another acts out the same conditioning there are people in America now whose families immigrated three generations ago from somewhere in Europe and the dysfunction, the particular kind of egoic dysfunction in that family may go back to Roman times 2,000 3,000 years and it's a cycle that the parents teach the children the same particular kind of unconscious or dysfunction because unconscious can take different forms often it's violence, it can be other forms cruelty using others whatever it may be and so you can see the same thing handed down from parent to children they grow up, they do the same to their children until finally one person is there who wakes up and sees it for what it is and so forgiveness happens by itself when you recognize that none of that is personal it is something to do with the evolutionary stage of humanity and you happen to be here on this planet somehow you ended up here on this in many ways mad planet as far as humanity is concerned also potentially paradise as

far as the planet itself is concerned, paradise in many ways potentially and you happen to be here in the midst of considerable unconsciousness so you cannot try to forgive it's not possible unless you look through the form that this unconsciousness took you recognize it as not nobody there ultimately then forgiveness happens automatically but there is something in the egoic mind that doesn't want to let go of a grievance or a resentment and that's another aspect there is something in here because resentment or grievance is very powerful ego food there are some egos that keep themselves alive through one big grievance one big resentment that have harbored for years and in other areas the person may be engaged in spiritual work and experience states of presence experience peace and yet there is something hanging on in there, in here and what it's hanging onto is my this big resentment and the ego is enough one big resentment is enough to keep the ego going and that's why it's got its teeth in that thought form that thought form is there and says I am not going away, I am you I am who you are and so there is a reluctance even once you see the unconsciousness it's not personal you can still feel there is something in here that says no, no, I am hanging onto this grievance, I am not letting go I've had it for years all those years are going to be wasted and then you see that and the seeing means you have already one foot out of it and then once you see it for what it is it will change whatever you bring consciousness to will become transmuted and what you bring consciousness to that is false in you, a false identification will dissolve anything you bring consciousness to that is real deepens that's the beauty of it so two levels here to work to become aware of as far as forgiveness is concerned recognize it for what it is and see in yourself perhaps the reluctance even though you have already recognized that ultimately it's human unconsciousness and no more than that and it's been going on for thousands and thousands of years, millions of humans inflicting acts of cruelty on others and it's going on even now in varying degrees the unconsciousness varies from person to person the roots of it are in everyone so you recognize that and then level two is observing in yourself that something in there does not want to let go and then say oh isn't that interesting and watch it it even has a feeling quality to it, there is an accompanying emotion perhaps that reflects that thought and it's become an identity it's become an identity I don't want to lose my identity, I'm hanging on in here but once you see it it won't survive for very long because it needs your unconsciousness to survive and so the beautiful words of Jesus he actually tells us why we should forgive it's all there forgive them for they know not what they do he not only tells you that you should forgive he tells you why a modern Jesus would have said they are completely unconscious that would be the modern translation for they know not what they do another question

[Speaker 2] (6:30:49 - 6:31:28)

thank you I would like to ask something about watching your emotions for example when I'm crying then I start thinking about what you have said watch your emotions and as soon as I start thinking of course the crying stops so now I don't know if that is my mind

playing tricks because my ego doesn't want to feel that nasty feeling or it is presence making ending the pain

[Speaker 1] (6:31:29 - 6:39:23)

good good thank you you have to watch in yourself to see if the crying is associated with a story that goes through your head perhaps an old one it is possible that the crying happens as soon as the story replays itself in your head of something that happened or something that never happened but should have happened who knows what the story is there is the crying crying could be something that I never got but deserved or should have had life passed me by that is a big one, a usual one for many people I am missing out oh no, it is too late now I didn't make it or there may be the crying because of something happened once, an event and it is being replayed and as long as you are in the story in your head the emotions are there and the two work together you are not observing the emotion you are mainly fueling the emotion and the emotion is giving further energy to the story when you watch directly you feel the emotion itself sadness, whatever it may be and watching implies that of course you allow it to be, if it is there you cannot fully watch it if you are not happy with what is there and you are not really watching it it is just there it is and you are watching and if that is how you are watching it and if then it stops that means simply that the emotion is being dissipated through your presence there is no repression here if you are truly watching the moment you look at it it stops, that is possible that means the emotion may have been long-standing but not as deep as a pain body and then simply by separating cutting the link between the story and the emotion you have already done the most important thing cutting sounds almost violent, you don't have to do anything to cut it, but simply recognize the connection between the story and the feeling so you could think about if somebody died some years ago or some months ago or somebody left you or whatever it may be and that is the story that creates the emotion and then you dismiss the story and pay more attention to what you feel and then it may dissipate very quickly when you just give it attention and don't fuel it anymore and then suddenly there is peace underneath it it is good so that may be happening to you and then the same mind thing may come in again and then the same you watch again, pay more attention to what you feel than what you think you know full well that it is those thoughts that create the emotion and so certain thoughts in the head have their own momentum too and some thoughts get lodged, many thoughts pass through like clouds but there are other thoughts that stay in there they find a little corner in your mind and say okay I live here and I am not going to go away and periodically the same kind of thought comes and creates the same kind of emotions and they just won't go away they are refusing to go away and it can also happen that one big thought obliterates most of your mind and that is almost regarded as pathological but even within a normal human being it can happen that thoughts can become obsessive and those are the recurring thoughts that say I am not going anywhere and come back again and again, what do you do with that?

and watch the thought be there as to get into your body so that you can sense yourself as the underlying presence then your mind becomes a ripple phenomenon you are the ocean or the deep lake that's here the depths of who and the deep in the depths the ocean or the lake is still on the surface there is a wave movement that's your mind so if you are rooted in yourself the movement of the mind can't drag you along with it totally, you are here and then you just watch the movement and then it calms down because you are not identifying with each thought and that would even be the case in people who would be regarded as clinically insane for example people who have who hear voices which is no more than the normal voices that you hear in the head that everybody hears as their own thought processes some people hear them as auditory things auditory comments and that is usually regarded as insane if you can't not be drawn into what the voice says and this applies both to the pathological condition of hearing actual voices and to the normal condition of simply having the voice in your head which are your own thoughts if you can be there as the witness then they don't have power over you instead of being drawn in totally or reacting to them which creates further thoughts the in the film A Beautiful Mind which some of you may have seen which is about a scientist a brilliant scientist who goes mad and sees people that don't exist in his life he has these hallucinations they look very real but they don't exist but they are just right there in front of him he doesn't know it he thinks they are all real and the viewer of the film cleverly also thinks they are real until the moment he realises that he is insane that these people are not actually there at that moment the viewer also realises it but the important thing here for this character that is the beginning of his healing when an awareness arises so he doesn't need to react anymore he recognises it as not real he knows he is mad and anybody who knows they are mad are not completely mad anymore the really mad people don't know that they are mad and many humans don't know that they are mad of course is there another question?

[Speaker 2] (6:39:26 - 6:40:02)

My name is Lotte I would like to know something about the effect that this process of transformation into consciousness has on your old relationships friendships because I really feel it is difficult to be that compassionate tolerant, open minded person that I feel I am when I am alone but that is easy so I feel even that I get less tolerant and less patient with people around me

[Speaker 1] (6:40:04 - 6:54:16)

yes, this is sometimes not infrequently do I hear that somebody else asked a very similar question not long ago when she said I can be very spiritual when I sit alone in my room but the moment I go out and meet people it is gone now your question may not be quite as extreme but there is something similar here of course the ultimate challenge are people so when you are alone with yourself some people find it considerably easier to be present when you are out in nature which doesn't mean not everybody is present when

they are alone some are totally in their mind too but probably yes it is easier and so really the most challenging thing in your spiritual evolution is other people and it reminds me of I believe Jean-Paul Sartre who said hell is other people and so or literally translated hell is the others and so yes humans are very challenging and you lose patience with them and think why can't you be more conscious why you have to act out the same kind of stuff with your friends, your acquaintances your family that is perhaps the most difficult for many people because the more past you share with a person the more difficult it sometimes seems to stay present when you are together with them so for some people the ultimate test is being with their when they are grown up visiting their parents and this is why Ram Dass made the famous statement if you think you are so enlightened go and spend two weeks with your parents and so observing in your case be more interested in your reactions than in what seems to cause your reactions so if people's behavior causes your reactions or seems to pay more attention to the reaction itself of what the mind is saying or what the emotion is expressing it sometimes happens that people who are evolving spiritually, quickly they find sometimes that they don't enjoy being with their old friends anymore they don't enjoy participating in what they loved before, for example getting together to gossip about others and that was so enjoyable for years gossip is a favorite ego one of the activities of the ego that the ego loves because whenever you can criticize somebody you can feel superior you feel more yourself more deluded of course but that's how the ego works so for years you loved gossiping and suddenly it's so empty and you think why are they doing that and suddenly you don't contribute anymore and you just sit there and at dinner parties where you used to tell your exaggerated story to make people laugh you exaggerated every story just an example and everybody loved inviting you to their dinner parties because they loved you were so entertaining the way you exaggerated what people said or did and suddenly you don't want to do that anymore and then people say what's happened to you you've become so boring and it may be that you don't take part in the drinking sessions anymore like to get drunk together and feel free liberated and it does happen sometimes as you evolve quickly some people around you don't want to see you anymore and others in other cases you don't want to see them anymore but it also happens that people around you become affected by the change in you without you wanting them to change they notice something in you and then suddenly they also become interested they may ask you one or two questions and you may notice or not even that their behavior changes simply because they are around you simply because the old games are not working anymore sometimes between two people two old friends the same type of interaction develops but condition patterns that have been operating for years both are playing a kind of role let's call it their friendship they play this one plays this role the other complements it with that role they play it out twice a week they meet playing their game and suddenly you don't play anymore and then of course the other person's role collapses because it needs two to feed the role then what's going on and then either they will leave you or a change will happen in the other person but if you're reacting to perhaps what is unconsciousness in others that before perhaps you

didn't react to because you were part of it then that is also still a form of ego in you that's the awareness that you have of others you have it for a moment and then it becomes a judgment so there's presence for a moment where you see how they are completely stuck in their old behavior you see that but it doesn't remain a seeing the seeing the presence is lost and then the mind turns it into a judgment and then the reaction comes allow the people as long as they are around you and they can only be around you at this moment so they are part of the form that this moment takes if you are with them why not accept the way they are at this moment, what else can you do you become unhappy otherwise so you bring an acceptance to the whatever they do with that comes a compassion allow other humans their unconsciousness allow allow them as long as they manifest unconsciousness by getting angry about their unconsciousness nothing is changed in fact you turn unconscious yourself for god's sake wake up why can't you be more conscious and of course what the ego is going to reply is you talk to me about consciousness look at yourself and the cycle starts again or they tell you what's this airy fairy stuff about consciousness what's happened to you are you on drugs or something are you so as long as these people are there in front of you in the moment that's the isness of this moment nobody can act beyond their level of consciousness although a few try and the wonderful thing is change in others happens most when you no longer need them to change their behavior when the expectations that they should behave in a certain way is dropped and in that way even old standing relationships like with your parents become healed and become whole again when the expectation that your father or your mother should behave in a certain way towards you is dropped when the expectation that your father or your mother should understand you is dropped because there we have the gap between what I want why can't you understand me what difference does it ultimately make to you whether this person understands you or not none what is added to you if your father or mother understand you do you become a more fulfilled no, nothing really so when that demand is dropped that they should behave differently they should know better should understand me they should accept me I want them to accept me yeah, but they don't and there you have the gap between I want and what is and strangely all those demands and all that fruitless wanting is actually fuel for more unconscious reactions in you towards them so you're back in unconsciousness and see what happens if you don't make demands that people should behave differently they behave in this moment this doesn't mean you cannot tell a child don't walk there you might fall off, come here these are practical matters I'm not talking about that so bring acceptance to whatever behavior they manifest and see you may be surprised especially in your relationship long standing relationships at changes that happen when you don't need them to change anymore, to make you happy when you don't need those people parents, whoever to change anymore, to make you happy then very often it's almost a miracle change happens in them and suddenly they are more open and when you didn't need them to understand you anymore suddenly there is an openness and they ask questions about your life whereas before all they could do was criticize and all you could do was react against their criticism and get upset and every

meeting every time you visited them it would end in that way and it's amazing how in long standing relationships people almost go there when they meet with their scripts as if they were reading their scripts and every time they go they have to act out the same script and in the end they get angry and doors are slammed and of course it's in the script perhaps I have one or two more questions

[Speaker 2] (6:54:19 - 6:55:16)

hello hello my name is Lucy and I have a question for you I'm thinking of the suffering of so many animals and I can somehow deal with my own pain my own fears but I'm shocked and infuriated when I see that millions maybe billions of innocent animals are slaughtered or exploited by human race nothing triggers my pain body as much as that and I think what can I do about it but most of the time it doesn't make any difference now I would like to ask you please enlighten me how can I handle it how can I deal with it

[Speaker 1] (6:55:16 - 7:00:14)

thank you it is true that what humans are doing to animals in factory farms where living beings are treated as objects shows extreme unconsciousness and in such situations there's always the external level and there's the inner level the primary level is the inner so that whatever you do does not come out of a deeply negative inner state because any action because sometimes action may be needed but be careful that action does not flow out of a deeply negative inner state so how can you not feel negative about that and this is not to be seen perhaps in isolation it is to be seen within the totality of what human beings are doing to other life forms on the planet to nature and to themselves to other humans they are also doing it to humans 20th century I believe more than a hundred million human beings were killed violently so at this very moment on the planet all this is happening humans are killing other humans, humans are killing animals and treating animals as if they were inanimate objects, simply for profit for greed, for more which is the ego which is the ego the greed of the collective human ego the ego doesn't see what it is doing when it destroys the forests which perhaps are the very basis for life on the planet there again when an ego looks at a forest in other words what does it mean, an ego an ego sees is the human mind, an ego is thought and to look through abstract thought at something, at an animal or a tree and you look at it through thought and thought will evaluate what it sees according to its form and what it can get out of it the tree will get a price put on it or at best you cut it into little pieces and examine it to find out how it works that's what the human mind does and I'm not saying no more science, but we have the tendency of the human mind is to do to make lifeless what it falls upon, if there's nothing else in you except thought and you approach reality only through thought whatever you perceive only through the screen of thought, you're going to make lifeless, in other words, thought cannot sense the life that is there thought cannot sense the holiness the sacredness that is in every life form because thought is an abstraction so all humans who are trapped in their heads and that's all, especially those

who run the big businesses but everybody to some extent is trapped politicians and so on, I'm not saying there's one category of human that is worse than others, but they see only what has become made lifeless through their mind and so through the dimension of being is missing